

How to Design Your DVD

Key Points

- Make the DVD short and dynamic
- Conduct yourself in a confident and positive manner
- Give a brief introduction about yourself, your personal goals and ambitions
- Make sure you film all aspects of your game

In the development of your recruitment DVD it is important to make it short and dynamic. A quality coach will have the ability to assess your game by analysing your technical strokes, movement and point construction within a short period of time. The duration of your DVD should be no longer than 15 minutes in length.

Introduction

Start your DVD by introducing yourself and inform the prospective coach about your personal goals and ambitions. These should include both your athletic and academic aspirations.

Your introduction should include:

- Name
- Age
- Goals and ambitions (both athletic and academic)

At the conclusion of your DVD thank the coach for their time.

Filming

It is important when filming your recruitment DVD that it includes all aspects of your tennis game. Only spend 1 – 2 minutes on each stroke. When filming it is a good idea to hit against a hitting partner in contrast to working off a fed ball. Utilising a hitting partner will give your prospective coach a clearer idea of your on-court abilities. When you are being filmed it is also important that you get all of your technique in the frame of the shot and that you are not too far away from the camera. It is essential that the entire stroke is in clear view.

Below is a guide to how you can approach your DVD layout:

- Forehand groundstroke
- Backhand groundstroke
- Forehand approach, forehand volley
- Backhand approach (topspin and slice), backhand volley
- Forehand volley
- Backhand volley
- Overhead
- Serve
- Return of serve
- Play out one service game
- Play out one returning game
- Play out one tie-breaker

Optional Match Play

Your prospective coach will only see your strokes on your recruitment DVD so a match play DVD can give a much broader view of your tennis playing ability. It will provide the prospective coach a better idea of your game style and a more conclusive opinion about your tennis playing ability. In addition this will give your prospective coach the opportunity to see how your strokes and playing style hold up under the pressure of a match situation.

Display the passion and commitment you have for tennis and your willingness to learn. Remember if you make a few mistakes; just continue, stay positive and step up to the next ball.