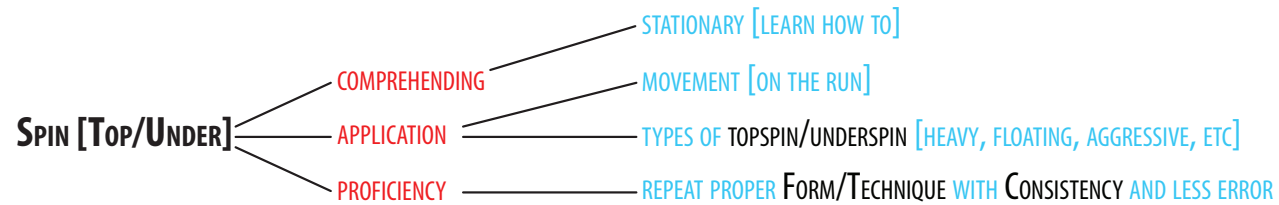
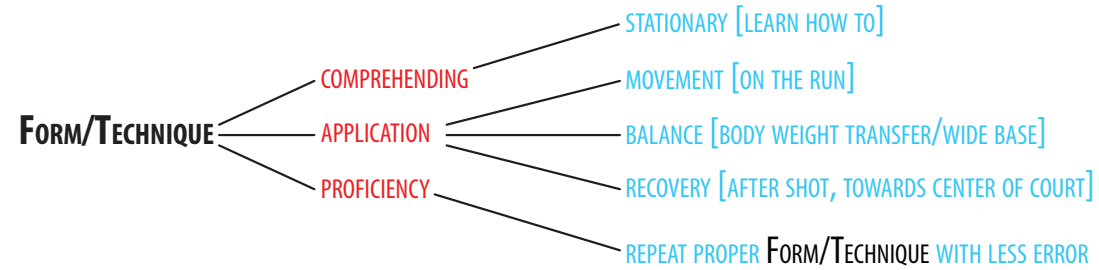
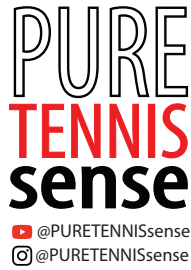


TRAINING METHODOLOGY

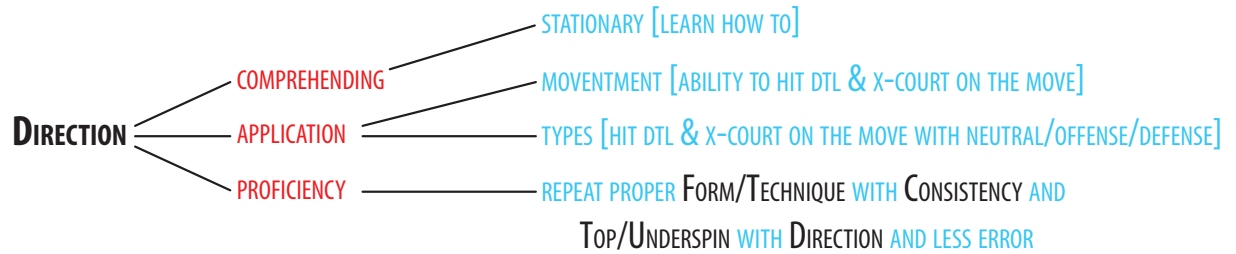
5 STAGES OF DEVELOPMENT

FOR EACH DEVELOPMENT PHASE:
COMPREHEND WHAT IS TO BE ACHIEVED
APPLY IN NON-PRESSURED SITUATION TO LEARN/EXECUTE SHOT
 SHOW **PROFICIENCY** OF SHOT IN POINT/MATCH PLAY SETTINGS



THE MOST OVER-LOOKED AND MISUNDERSTOOD STEPS ARE **APPLICATION** AND **PROFICIENCY**. PLAYERS AND PARENTS OFTEN BELIEVE THAT LEARNING A STROKE MEANS THAT IT IS READY TO BE USED. THIS IS NOT THE CASE. A PLAYER NEEDS TO DEVELOP CONFIDENCE IN THE STROKE/STAGE THROUGH THE FOLLOWING IN THIS SPECIFIC ORDER:

- 1] CONTROLLED RALLYING IN PRACTICE
- 2] TEST APPLICATION IN PRACTICE
- 3] TEST APPLICATION IN PRACTICE MATCH-PLAY
- 4] BECOME PROFICIENT
- 5] TEST PROFICIENCY IN COMPETITIVE MATCH-PLAY



POWER — APPLICATION — POWER IS A RESULT OF ALL THE ABOVE STAGES: FORM/TECHNIQUE HIT CONSISTENTLY WITH TOPSPIN/UNDERSPIN AND DIRECTIONAL CONTROL IF ALL THE ABOVE ARE DONE WELL, A PLAYER WILL BY DEFAULT START HITTING THE BALL WITH POWER