

John Yandell - Presentation Descriptions

Developing Key Elements for the Modern Forehand

Saturday 11-12:30

In this classroom presentation, we will use incredible new high def, high speed digital video to break down the forehands of several of the world's top players, including Federer, Nadal, and Djokovic. The goal is to analyze the commonalities as well as the variations. Next we'll analyze which are the most fundamental components to use with students and at what levels--and then finally how to build advanced elements where appropriate.

Modern Forehand Practical Applications

Sunday 9-10:30am

Having looked at the key components in high speed video, in the morning session, this on court session will demonstrate how to apply our analysis on court. Working with players we will see how to help them create physical models and mental images of the key positions. And then how to develop them in drills in a progressive fashion. In addition, we'll see how to use video feedback as a critical component in the process, and how ball machine feeding is critical to allow the instructor to work directly with the student. There are three benefits here: extremely powerful teaching, less physical drudgery feeding balls, and the opportunity to charge a higher rate appropriate to the value of the methodology.