

What Is Tennis Blast?

- Tennis Blast is designed to improve tennis footwork, balance, agility and cardio fitness and is the newest way stay fit while playing tennis
- Starts with movement, co-ordination, balance, ball skills and finally racquet skills and develops the **Tennis Athlete** on or off the court. It is ideal for use at home or on wet days.
- Gives you step by step instructions with every movement broken so people of all abilities can succeed.
- Progressively shows every movement used in a tennis match with a modern tennis terminology straight from the pro-circuit to hit every shot in a tennis match and will help prevent injury by increasing the strength and flexibility of the player.

The Authors

- David Bailey is a world recognized movement and fitness expert who has lectured internationally and worked with many Grand Slam players, most recently, Australian No. 2 Jarmila Groth. He studied 30,000 video clips of the world's top Professionals to bring you this DVD set and has lectured in Australia, Europe and the USA.
- Kerry Dock is a Sydney based, Australian coach with 30 years experience, who has taught over 5,000 players of all ages and standards with a high percentage going on to attain national rankings.



www.tennisblast.com.au

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Disc 4 - Warm Ups, Serves & Net Play, Flexibility



A Skill Based Total Body Workout

Suitable for Coaches, Fitness Trainers,
Phys-Ed Teachers, Adult & Teen Players.

The Tennis Blast DVD was made so players, coaches, fitness trainers, physical education teachers and parents can use it over and over again to improve the basic athletic skills required for tennis.

Disc 4 Warm Ups, Serves & Net Play, Flexibility

See www.tennisblast.com.au for the full range
of Tennis Blast Products.

DVD 1:

Footwork Patterns

- Basic Movements
- Locomotion Movements

Aerobics

- Tennis Skipping
- Tennis Aerobics
- Tennis Boxing
- Back swing Steps
- Line Runs
- Ground shot Runs



DVD 2:

Strength

- Legs
- Forehand Stances
- Backhand Stances
- Bands Exercises
- Tennis Specific Bands
- Abs Lower
- Abs Obliques
- Abs Upper



DVD 3:

Forehand Ground Shot

Contact Moves

- Forehand Offensive
- Forehand Rally
- Forehand Defensive

Backhand Ground Shot

Contact Moves

- Backhand Offensive
- Backhand Rally
- Backhand Defensive



DVD 4:

Warm Ups

- Athletic Warm Up
- Partner Throws & Catches

Serve & Net Play

Contact Moves

- Serves
- Forehand Volley
- Backhand Volley
- Smash

Flexibility

- Lower Body
- Upper Body



For Coaches, Instructors, Phys-Ed Teachers and Parents.

- Using Tennis Blast, instructors can give every participant an action packed, physically challenging workout equivalent to a private lesson but with the fun of a large team workout and thoroughly entertain 40 students on one tennis court.
- Participants are doing fitness that is skilled based i.e. they will get fit, but learn about footwork, balance and movement at the same time.



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Testimonials

"After Just 4 weeks of working with Dave Bailey, I went on to win my first W.T.A. singles crown. Not only did my ranking jump from about 300 to 98, but I am now a regular Grand Slam main draw player! I can hardly believe it myself! In Just 9 months, I played in my 1st Open Grand Slam and rose to a Ranking of 64 in the world."

Jarmila Groth

(formerly Gajdosova)

from Slovakia

August 2009 World W.T.A . ranking of 61



"Tennis Blast works! It is a major part of our junior program with over 20 kids turning up every class, loving it and coming back for more. All my students have improved their tennis while having fun and discovering what they and their bodies are capable of. Players of all ages and abilities can learn what the Pros do using Tennis Blast. They progressively acquire co-ordination, ball skills, movements to and from the ball, the movements required to generate power and accuracy plus how to stay fit, strong and injury free. On top of this, it is economical for anyone to learn the skills and the fitness of tennis straight from the Pro Circuit."

Noel Callaghan

Head Coach

Elite Player Tennis Program,

National Sports Academy,

Narrabeen, NSW, Australia.



"I thoroughly enjoyed the tennis blast session! It was totally new to me, but Dave and Kerry were brilliant at breaking down the moves so that it was easy to pick up for beginners. In just half an hour I felt like I'd done a full blown work out - the program covers all sorts of maneuvers, with lots of footwork combined with tennis strokes, which made it really interesting. Not only did I feel like I'd worked out, I actually learnt something - I've perfected my backhand grip and swing!"

Jessica Palmer

Fundraising Marketing Coordinator,

Heart Foundation

Bondi, Australia.



"The Tennis Blast Program has improved the co-ordination and all aspects of fitness in our girls. They now enjoy practicing skills in sports they can play all their lives while burning calories. Tennis Blast has improved the attitude of our students to sport and fitness."

Ainsley Bowen

PDHPE Staff & Tennis Co-ordinator,

Pymble Ladies College, Sydney.

