

If a picture paints a thousand words

Video analysis is **priceless!**

INSTANT VIDEO ANALYSIS

SLOW MOTION REVIEW WITH PIN POINT ACURRACY!

Break down every aspect of your
Mechanical game and **IMPROVE!**

Spins

One & two handed structure

Balance

Contact Points

Structure of Grips

Body Positioning

Racket and Ball Angles

P.A.S.

Open/Closed Stance

Footwork

Backhand Structure

Volley Techniques

Overhead Structure

Forehand Structure

Lobs

Serve Techniques

Creating Power

Swing Rhythm

On/Off Positioning

Improve Efficiency

Prevent Injuries

Stronger Angular &

Linear Velocities

More Torque

Reference Frame

Kinematics

Reaction Time

Mass

Inertia

Acceleration

Static & Dynamic Movement

Pendulum Effects



Glenn Sheaffer, Palmetto Dunes Tennis Professional

Mechanics/Kinematics/Technical Expert

Contact Glenn at Palmetto Dunes Tennis Center

843-785-1152

GLENN SHEAFFER— VOTED #1 HILTON HEAD TENNIS PROFESSIONAL THREE YEARS IN A ROW!