

We are very excited to now offer tennis coaches and teachers several OnCourt OffCourt primary target systems. It's been long accepted that primary targets accelerate the learning process for tennis. Studies have confirmed it and we see clear parallels in other sports and activities from riflery to bowling, billiards to golf, and much more.

In tennis, one on-court study I conducted with 64 players showed up to a 66% increase in depth control using our Airzone with players hitting over the horizontal cord. Further informal studies confirmed dramatic increases in control for players aiming through specific targets, when those targets are achievable with a solid percentage of success. Gone are the days when we should have students aim for a single cone on the court and we can get away with calling that target practice. When a player only succeeds in hitting a target when they are lucky (try aiming for a single cone with a serve), there is minimal carryover of that activity to real game situations.

Ideally, a highly visual target system should be used that a player knows he or she can aim for and have a fairly good chance of hitting through or into. Be sure to use a progression to allow players of all levels succeed. Then, remember that it is critical to gradually remove the visual training aid (a technique called "fading"), to allow the players to continue to practice the skill without developing a dependence on the training aid itself.