



# TILMANIS TENNIS

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## Gundars Tilmanis

### A LIST OF AVAILABLE PRESENTATIONS

- All presentations are 1 to 1½ hours in length.
  - All presentations may be adapted to on-court or lecture room.
  - Presentations could be combined in various forms to meet your specific needs.
  - Open to suggestions of new topics.
1. The sensual approach to teaching tennis skills.
  2. Developing strokes that last: analysis / progressions / improvisation.
  3. Technique / not technique / adjusted technique: to hit or not to hit, that is the question.
  4. Stroke corrections.
  5. Making biomechanics understandable.
  6. Service with a smile: fundamentals of serve and return.
  7. Serve and volley.
  8. Developing sound groundstrokes.
  9. Teaching the specialty shots: overhead, lob, ½ volley, drop shot, volley lob.
  10. Organizing stroke biomechanics into categories: success / placement / speed / spin / adjustment / deception.
  11. How to beat players who are now beating you: singles strategy, a sensual approach.
  12. Clay court strategies and drills.
  13. Grass court strategies and drills.
  14. Hard court strategies and drills.
  15. Developing strategies for the various playing styles: baseliner, net rusher, all court player.
  16. Simple strategic concepts to accelerate player improvement.
  17. Developing a game plan.
  18. Doubles strategies and drills.
  19. Organizing your drills into logical systems.
  20. Drills, drills, drills: fun group drills for competitive players.

21. Individual and group drills to accelerate player improvement.
22. Singles drills to prepare an advanced player for tournament play.
23. Teaching anticipation to competitive players.
24. Altering technique to special needs: improvisation.
25. Teach your player how to handle adversity.
26. Concepts to become a better teacher.
27. The mental game: keep your head, don't lose it.
28. Preparing parents for junior tennis: teamwork between coach / parent / player.
29. On-court physical fitness, court movement, footwork.
30. Physical fitness for the tennis player, warm up, stretching, on-court movement, exercises, light weights, plyometrics.
31. Teaching tennis skills to young children.
32. Answering the most commonly asked questions.
33. Prepare to win: a system of player development.
34. Integrating strokes, strategies, physical fitness and mental toughness into a realistic match preparation lesson for an advanced player (private lesson drills).
35. The desire to persevere: motivation.
36. The 12 keys to successful match play.
37. Applying sports science research to the tennis court.
38. Drills ideal for high school, college or club group practices: a) maximum on one court drills; b) one coach handling 3 to 4 courts.
39. So you want to learn by watching the champions.
40. Helping Your Tennis Students Select the Right College.

### **AFTER DINNER TOPICS**

- Answering the most commonly asked tennis questions.
- Rackets for the future.
- Teaching your own children how to play tennis.
- How to beat players who are now beating you.
- Handling adversity.

## **POST TOURNAMENT MASTER of CEREMONIES**

- Awards presentations.
- Highlighted by humorous props and anecdotes.

## **BIOGRAPHY GUNDARS TILMANIS**

Gundars Tilmanis ("Til") is an internationally recognized tennis coach, author and lecturer. He graduated from the University of Oregon with a Master's Degree in Physical Education. Til is generally regarded as one of the top teaching clinicians in the world today. Known for his quick wit and extensive teaching background, he is a clinician for both the United States Tennis Association (USTA) and the International Tennis Federation (ITF).

Til is in constant demand as a speaker and has lectured repeatedly at the USTA Tennis Teacher's Conference in New York, the USPTR International Symposium and the USPTA National Convention. He has delivered a broad range of tennis related lectures to audiences throughout the world. During the past seven years, he has lectured in the United States, Japan, Guatemala, Spain, Paraguay, Argentina, Canada and Australia. His innovative, energetic style of coaching has drawn praise throughout the tennis world.

Born in Riga, Latvia and raised in Melbourne, Australia, Til currently resides in Portland, Oregon. Til coaches tennis at Lewis and Clark College and consults and teaches privately.

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