



# New Instructor Orientation EASI Tennis Academy

*Everyone in life has a choice: you can make the world a better place for all,  
or just make it better for yourself.*



# Introductions

- Who am I?
- Who are our Senior Instructors?
- What Type of Student does our Program Attract?
- What will You be doing for the EASI Academy?



# Agenda

- EEASI Overview and History
- Mission Statement
- The EASI Instruction Method
- Component-based Instruction
- Getting Started with a New Student
- Instructor Training Session



# EEASI Mission

The EEASI Corporation shall:

- Provide Professional and Amateur Training for all Ages
- Conduct Research in Sports Training
- Conduct Research in Neuroscience
- Conduct Research in Education;
- Provide Materials to Online Education Programs
- Operate a Tennis Instructor Certification Program



# EEASI History

- EEASI Originated out of a Medical Research Program
- Our Experience Demonstrated the Need for a New Approach to Tennis Instruction
- Our Research Led to the Establishment of the EASI Program and Method
- Our Success Led to the Establishment of the EASI Academy in Houston in 2009



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# EASI Instruction Method

- The EASI method is contact-based (a result) rather than finish-based (an activity).
- This is based on research of Professor Ellen Langer at Harvard.
- The point of Langer's research is that the human learns fastest when a subject or idea is taught based on relevance and purpose
- Professor Langer further notes that encouraging a student to explore and experiment with their own ideas will enhance learning. And further still, encouraging creative thought and freedom will also accelerate learning.



# EASI Method

- Teaching by rote repetition, or teaching based on activities rather than results, stifles the imagination, creativity and individual initiative of the student, producing a student that cannot easily adapt to new and novel circumstances.
- Match play requires the student to constantly adapt to the changing circumstances of the flight of the ball and the course of the match.
- Hence a player, or any student of any subject, taught by rote repetition will in general perform below the level of their capability and will not compete well against a highly adaptable student with lesser skills.
- **EASI** methods encourages creativity, **E**xperimentation and **E**xploration of all ideas, **A**daptability, **A**utonomy, **S**elf determination. **S**elf **A**dvocacy, **I**magination, and **I**ndividual Initiative.



# EASI Method

- Each drill is presented as a series of experiments for which there is no wrong or right result. Each experiment simply provides the student with data to be processed by the brain during gestation time or sleep
- The student is encouraged to avoid value judgments about their performance or the data experiments; and they are especially encouraged to avoid having a preconceived idea of what they should be able to perform or that they should be able to perform a certain drill perfectly
- All drills maximize the student's opportunity to experiment, explore and use their individual initiative and creativity to discover efficient methods to execute strokes or make decisions
- There is no form of conventional template based training.
- All drills are designed around conceptually clear purposes and results rather than activities; each drill has an answer to the question "Why?" that is based on the objectives of tournament play
- Learning is primarily implicit with minimal elaboration or direction from the instructor; hence, micro management of the student is eliminated
- The student's mind is constantly challenged to answer questions related to the drills and exercises with the understanding that an answer is neither right nor wrong, but rather that their answer is the start of a dialog



# Component-based Instruction

- Component-based refers to a theory of learning that involves breaking down an action into simple component parts and teaching each part individually, allowing the student to assemble the parts into a meaningful action through their own individual initiative and creativity. This is how children learn to walk and how we learn almost anything in a manner that allows the learned concept or action to be adaptable to changing circumstances. This is a critical aspect of how the human brain evolved because it evolved over some 3 million years to be able to adapt or die. It is the form of learning that the brain is best suited to use to address the complex and changing environments in which humanoids evolved.
- By learning components of action, rather than full action sequences as a single unit, those components can be reused in a variety of ways to facilitate new actions and to adapt to new circumstances. This is key for competition in which circumstances are continually changing.

# Component-based Instruction

- When an action is taught as a complete sequence, or template, it can be learned on day one but will be gone by day two. This is because the brain breaks down templates over night during the sleep process in order to isolate their components. The learning process goes like this: the coach teaches the template forcing an assembly action to be developed by the student; then at night the student's brain breaks down (disassembles) the template and the process must be repeated requiring months of repetition. On the other hand, by starting with the components first, the process of assembly and disassembly is bypassed resulting in a significant increase in efficiency in the use of time. In short, the student learns faster by a significant margin.
- By combing component-based learning with relevance-based learning, player development can be achieved in far less time than using other methods.



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# Competition Objectives:

- There are four competition objectives that we must achieve with the beginner to advance the student from a beginner to an intermediate:
- Develop the ability to consistently rally the ball high down the middle
- Become a good defender
- Hit a high bouncing spin second serve
- Win three USTA sanctioned beginner tournaments.



# Technique Objectives

- There are five first-day concepts that must be introduced to the student:
- The grip
- The contact between racquet and ball
- The optimal elbow position
- The concept of extending the racquet motion through the ball path
- Movement.



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# Conditioning Objectives:

- There are three areas of physical conditioning needed to support beginning player development:
- Core (plank, wobble board, V's)
- Quads (Plyometric box)
- Anaerobic Conditioning (Half Court Sprints)



# Instruction Session

- Pair up with someone and begin teaching them as if they were a beginner