

# Johannes Landlinger

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## **Education; Sport and/or university titles:**

### **MSc Exercise Science, June 2005**

University of Salzburg, AUSTRIA

### **M.A. Physical Education/English May 2005**

University of Salzburg, AUSTRIA

### **Austrian High School degree, June 1998**

Ried, upper AUSTRIA

### **US-High School degree, May 1997**

Granite, OK, USA

**Actual position:** PhD candidate at the Department of Sport Science and Kinesiology,  
University of Salzburg, Austria; Looking for a job ☺

## **Other important achievements:**

- Highest coaching certificate of the Austrian Tennis Federation (Tennis-Trainer)
- Head of Tennis Coaches Education in Salzburg
- Speaker at the DVS congress 2004, Cologne, Germany
- Free communication speaker at the 14<sup>th</sup> ITF Worldwide Coaches Workshop, Turkey, 2005
- Speaker at the European Coaches' Symposium in London 2008
- Workshop speaker at the ITF Coaches Conference, Valencia, Spain 2009
- Speaker at the ECSS-congress, Antalya, Turkey 2010

## **Published books & articles:**

- Arm speed – a neglected parameter?! – Tennissport magazine (Sept. 06)
- Kinematic differences of elite and high performance tennis players in the cross court and down the line forehand, 2010 (under review)
- Kinematic coordination patterns in the tennis forehand of different skill levels, 2010 (under review)

# **Biomechanical characteristics of the Forehand stroke in junior and professional players – from theory to practice**

Johannes Landlinger

## ***Introduction to the topic matter:***

In the professional men's game, the forehand is perceived as the most important stroke after the serve. Elite players use their forehand to dictate the game by hitting as powerfully and precisely as possible to strategically, well placed court locations. Kinematic studies of tennis strokes not only have been helpful for understanding the scientific aspects that are pertinent to the game (Elliott, 2006), but also they have helped improve the players' performance in an optimal way.

## ***Aim of the presentation:***

Creating awareness for crucial parameters in successful stroke production. Moreover, the presentation should assist coaches who are striving to improve their players' forehand.

## ***Content of the presentation:***

Results of a study which main aim was to describe and compare full body kinematics and the type of stance of the forehand groundstroke between ATP-professionals and high performance youth players when shots were played cross court and down the line.

Practical exercises that are helpful to improve a player's forehand.

## ***Practical consequences & applications:***

Due to the fact that it is sometimes very difficult to "update" old patterns of a stroke, the use of constraints in daily practice could help coaches to do so, particularly those working with high-level players.

## ***Background to the presentation:***

The presentation is founded on a Phd study which focused mainly on kinematic differences of elite and high performance players in the tennis forehand.