

PLAY INTENTIONAL TENNIS

 San Jose, CA

High-Performance Kinetic Coaching & Longevity • Coach Tony

★ 5.0 on Yelp

 (408) 315-2140 |  coach@playintentionaltennis.com

FOUNDATIONAL BIOMECHANICS & JOINT LONGEVITY

Kinetic Chain Power & Injury Prevention

Game longevity comes first. Generate effortless pace through a clean, fluid kinetic energy sequence — driving from toes pushing off the court, through legs, core, shoulder, elbow, and wrist. Protect joints and permanently prevent tennis elbow and shoulder strain.

THE 4 LEVERS OF SHOT CONTROL

Pace Control

Change rhythm on demand. Inject explosive speed or absorb incoming power with soft, controlled hands.

Net Clearance

Build a reliable, repeatable trajectory window clearing the net with heavy margin and landing deep with purpose.

Placement

Move opponents off the baseline, open up the court, and target high-value tactical zones under match pressure.

Spin Control

Shape the ball with heavy topspin and biting underspin to dynamically alter flight, bounce, and opponent replies.

MATCH PLAY & STUDENT EXPERIENCE

All-Court & Serve

Own every inch of the court — Baseline, Net, and Transition Zone. Master Kick, Slice, and Flat serves.

Tailored Roadmaps

Structured development paths built for recreational fun, USTA league rank progression, or college pace.

✨ Adaptive Dynamics

Above all, tennis should be FUN! Coaching dynamically switches gears mid-session based on your energy.

Complimentary 30-Minute On-Court Diagnostic

Audit your stroke mechanics, kinetic chain, and movement baseline with Coach Tony in San Jose before committing to a package.

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Book Diagnostic

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