

Tennis Strategy

How to Recognize and Play Big Points

If you are up by two or more points (40-15, 30-0), Play aggressive. Deep Balls to Baseline Corners (Always aim 4 feet inside each line), come to net.

If it is even or a one point difference, Play the first 3 balls with confidence yet with great margin for error----high deep balls 6-8 feet inside each line. Then get more aggressive after the first three.

If you are down by two or more, Play very safe. High deep balls 6-8 feet inside each line. Move your opponent around with safety. Keep him deep.

Playing the percentages

75% of points end in error. 75% of those are in the net. Therefore, aim 3-5 feet above the net on your groundstrokes. This will also keep the ball deep.

Hit the same old boring shot over and over. You own it! Don't try something new in a match. That is what practices are for.

Aim 3 feet inside the lines. The pros never aim for the lines. Are you better than them?

Be Patient. If you have to hit 100,000,000 balls before your opponent gives you a short ball that you can take advantage of and come in, then do it!

Never Try to Hit Winners! Hit every shot to set up the next. This thinking helps you remain patient and keeps you from going for too much too soon. You will discover that many of these "set up shots" will become winners anyway.

High and Down the Middle is what you should be thinking in an emergency. Keep the ball in play Very High and straight down the middle

will give you time to get back in position and take away your opponents angles.

Don't let your opponent get in a groove on any shot. Mix up speed, depth, angle, spin frequently.

Strategy against different Style Players

How to beat a Hard Hitter. Scoot Back, take less backswing, change depths, direction, spin, and speed frequently to get him off his groove. Bring him to the net and hit low.

How to beat a Person with a big backswing. Hit low and short.

How to beat a Server and Volleyer. Hit low, pick your target before he serves, hit hard right at him to take away his angles

How to beat a short player. Bring him to the net and lob.

How to beat a Tall Player. Hit low especially when he is volleying.

How to beat a Moonballer. Hit easy until you get a short ball, delay your rush to the net to take him by surprise.

How to beat a Chop Shot Artist. Bring him to the net, you get to the net.

How to beat a Flashy Shot Player. Keep the ball in play, let him miss the shot he doesn't own.

How to win when your opponent is killing your weakness. Come to the net, hit deeper.

General Strategy

What is a magic Number? The number of times you or your opponent hits the ball before making a mistake. Many times, the number is consistent. If your opponents magic number is 3, simply raise yours to four!

When should you change strategy? If you are losing 6 out of 10 points.

How to play in the wind. Make yourself believe you love the wind. Remember your opponent is playing in the same wind you are. Use the wind to your advantage:

If it is a side to side wind, hit passing shots down the line where the wind will blow it in. High bloopy shots hit outside of the line will blow in and make you look lucky to the point of frustration to your opponent. Cross court passing shots will help you keep the ball in play if the down the lines aren't working.

Hit slice serves and crosscourt shots with the wind to help carry your opponent off the court. Give yourself plenty of margin for error since the wind could blow your shot out.

If it length wise wind:

hit flat against the wind

hit more spin with the wind

come to the net—if wind is blowing with you, it will be hard for him to pass because the wind will slow the ball down. If wind is against you, the net will help keep your opponent off the net so he can not take advantage of the wind himself.

Don't change the direction of a hard hit ball. If the ball was hit crosscourt, keep your return crosscourt.

Reading Returns:

Closed racket=topspin

Open racket=underspin

Large backswing=hard hit

Small backswing =soft hit

Four times to let a ball bounce on an overhead:

Very High

Very deep

Very Windy

Sun is in your eyes

If these do not apply, don not let it bounce!

Never let your opponent know that you are tired, hot, angry, frustrated, hurt, sick. I was playing a tournament on a 100 degree day. Both me and my opponent had prior matches that went three hours. We were hurting. I considered retiring I was feeling so bad. But, I knew I continued. My opponent came to the net and retired. I won! If he had waited one more game, I would have retired, but he did not know that!

Nine Times you don't have to take your racket back:

On a hard hit ball

On a volley

On a half volley

When you are slow mentally

When you are slow physically

When you are slow mentally and physically

When a ball is hit right toward you

When you are playing terrible

When it's windy

5 Priorities of a stroke:

Get it in at all costs

Direction-Hit where your opponent is not

**Depth-vary the depth to move your opponent around the entire court
Spin—Topspin keeps the ball in, backspin keeps the ball low**

Speed-When you never miss, it's time to add more speed. Until then, work on placement.

Warm up to win

Warm up for you should take place before you step on the court with your opponent. That is a time of loosening up and grooving your strokes. When your opponent is on the court to warm up with you before the match, this is a different type of warmup! This is time to find out what your opponent has---strengths and weaknesses. Hit him 5 Backhands high, then low, then short. Do the same for forehand. Repeat the procedure for each stroke. Try not to let him groove his strokes during warmup. Find his strengths and weaknesses and exploit them!

Eyes on Contact Point for Better Strokes

The contact point is where the racket meets the ball. Many people, especially toward the end of the match when they are tired, tend to look up to see where the ball is going before they have completed the shot. The result is a faulty shot. If your shots are going haywire, try keeping your eyes on the contact point until the ball is gone.

Move with the ball for better net play

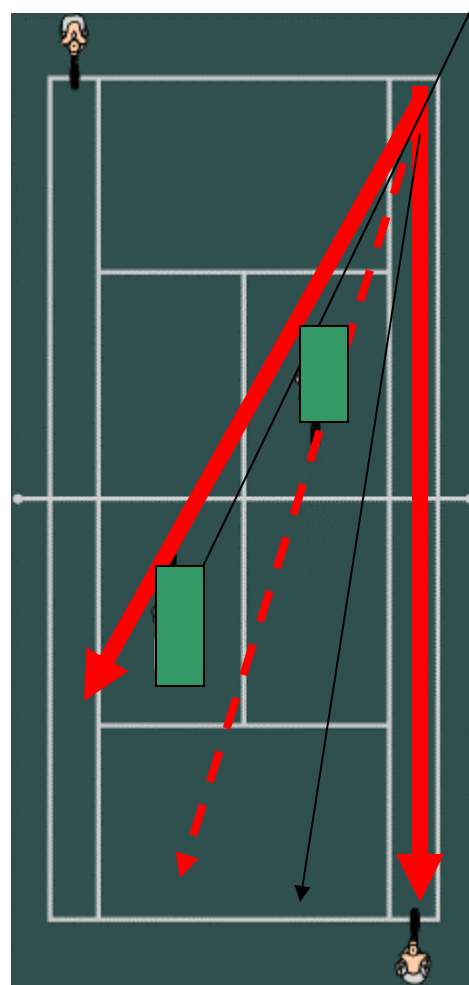
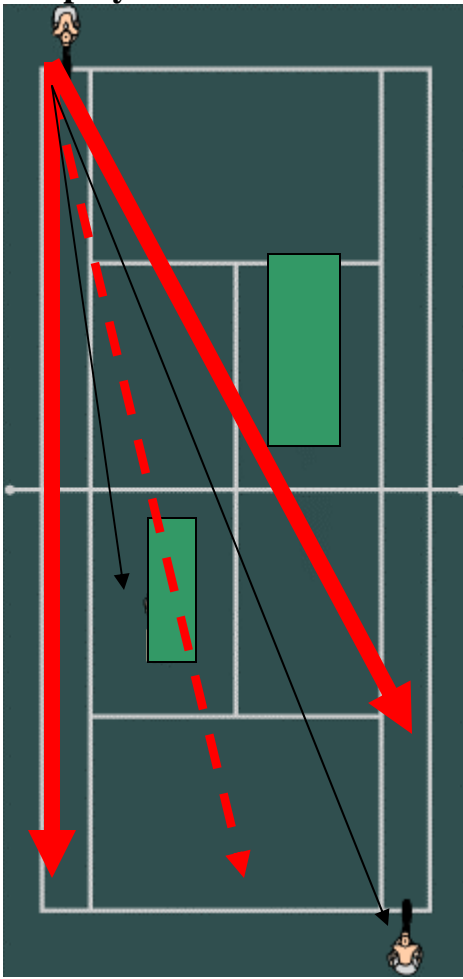
Do you feel you have great volleys in practice but you keep getting passed in a match? Positioning is the key to good net play. If you hit to the backhand corner, move toward that corner as you await the return. If you hit to the forehand corner, move toward that corner as you await the return.

Your opponent has two extreme shots he could hit to pass you---crosscourt and down the line. These two shots form an imaginary angle drawn on the courts below. Your job is to move with the ball so you are in the middle of that angle of possible returns. Whether singles or

doubles, when you are at the net you must move with the ball for better net play.

Ball

**Thin
Line
shows
where
players
should
be**



Choking

Use a routine—bounce the ball three time before you serve, etc.

Take a deep breath before each point

Focus on the ball

Forget the What ifs—(What if I lose, etc)

Keep your thinking in the present, not the past or future—what can I do to improve my performance on the next point.

If you are up 6-0 5-0 40-Love and think, “I’ll my friends this was easy.”—you may have to tell them you lost 0-6 7-5 6-0!

During conditioning times, begin to tell yourself things like:

I am the best. My forehand is great. I'm in better shape than anybody else. I will win. No one can beat me. (However, say this stuff to yourself in your head so others won't think you're nuts!)