

## **Tennis Tips**

(By: Rozaini bin Othman)

### **Service**

1. Be relaxed
2. Observe your opponent's position
3. Decide where you are going to place the service
4. Take a deep breath
5. Execute
6. If you fail on your first attempt, don't rush into second service. Concentrate, relax and breathe deeply. Decide where you're going to place it and execute.

### **Basic tactic**

1. Consistent
2. Most shots – deep crosscourt
3. Control your stroke
4. The stroke should be easy, smooth, well-coordinated and relaxed
5. Depth is also important
6. Wait for a shorter ball & place it to the opponent's weakness then go forward

When playing against a net player, stay cool and conceal his attentions.

If you are going to play a passing shot or a lob, ***hold on and disguise the shot until the last moment.*** Always ***keep the net rusher guessing.***

Choose the shot that is most effective with the least risk.

Percentage tennis – hit the ball at list 1 metre above the net. Otherwise the ball will not have enough depth.

### **Remember this!**

- a) Play consistently. This should become automatic.
- b) Dictate the way the point is played. This gives you control of the game.
- c) Vary your shots and pace. This can upset the tempo of your opponent and make him lose confidence.
- d) Play percentage tennis and keep a game plan.
- e) Be patient and concentrate.
- f) Think a stroke ahead.
- g) Fight till the end.

### **Overall fitness**

- I. Stretching
- II. Run slowly for 15 minutes
- III. Skipping
- IV. Fan drill
- V. Court drill
- VI. Push ups, crunches, bicep curls, tricep

## **The Psyche to Win**

- I. Know your opponent.
  - a. If he loves a target at the net, stay on the baseline.
  - b. If he expects you to stay back, come into the net.
  - c. If he attacks, attack back. He will then be busy fighting your attack and his own attack will suffer.
  - d. If he runs to the net, how close does he get for his first volley; where is that volley placed; is it strong or moderate placement.
  - e. Then you can assess how quickly he recovers position and how deftly he handles his racquet; this gives clues about how you should you respond to the server's first volley.
  - f. If he appears clumsy, then when you meet him you can slam a few fast drives off his first volleys at his right elbow or straight at his stomach.
  - g. If the server remains on the baseline, study where he normally aims his first drive. Is it always crosscourt? Is it always down the line? How high? Once you start analysing, find the tactics.
  
- II. Take chances when you are behind but never when you are ahead.  
Taking risks only pays off when you are down and have everything to gain and nothing to lose.
  
- III. Fight all the time.  
Smile sometimes. It will boost your confidence and may confuse your opponent.  
Let everybody know that you play for the pleasure of it. You will find the game much easier and more enjoyable.