

Tennis Player Basics For Any Level and Games for Different Styles of Play

Tennis Player Basics - "Teach the ABCs"

A = Active Feet

- Between Shots on GS/Volleys; Pre-Point Routine on Ret of Serve
- Recovery Intensity; RI (Rhode Island) is an important "state" for success!
- During the Point... "Attend the Jr. High Dance"

B = Breathing

During the Point

- exhale when you hit
- match the exhale to the length of the stroke
- Emphasize it when you are in a tight/nervous situation (a "counter-choke")

Between Points

- Slower to relax; Faster to get more energized

C = Solid Contact/Clean Hit

- relaxed acceleration
- tempo; "all tennis is, is rhythm and timing"
- hit a lot of 4s out of 5 if in position to do so

Day 1 of Practice - work on the ABCs ...Active Feet; Breathing Timing; Solid Contact

Different Styles of Play

1) Counter Puncher; 2) Aggressive Baseline; 3) All-Court Player

Games to Meet Your Objective

- use added point value to create incentive for a player to meet an objective
- drills to develop skills and games to transfer to competition (keep score)

Counter Puncher Style

Practice: Drives, Loops & Slices (if less experienced practice drives & loops only)

Game: Feed plus 2 rally shots or plus 3 rally shots each; if error it's 2 points for the opponent

Aggressive Baseline Style

Practice: Offense – Defense

Game: If a player hits the ball with two feet inside the baseline and it is not returned in play it is 2 points for the hitter; a winner from anywhere is worth 2 points.

All-Court Style

Practice: Approach Shot or Approach Volley or Swing Volley Transition; some Overheads

Game: Each player starts behind the baseline

If a player hits the ball in the Air and no return by opponent 2 points

If a player hits the ball in the air and it is a winner it's worth 3 points

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