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TENNIS TIPS - Issue No. 1 June 2011

Pre play warm up

- *Have a good healthy meal (e.g. pasta & salad, etc) approx 2 hours before playing in the afternoon or a light meal (e.g. cereal, orange juice, etc) approx 1 hour before playing in the morning.*
- *Drink water before, during and after playing to minimise dehydration.*
- *Always stretch before and after playing to minimise injury.*
- *Practice sideways and back/forward skip steps with your racquet in hand to get your feet moving and your legs warmed up.*
- *Always wear a suitable hat and high protection sunscreen to minimise fatigue and sunburn.*

Match tactics & tips

- *Use the warm up hit to practice all your shots and get your timing right while also using it to identify weaknesses in your opponent e.g. slow court movement, weak volleys, etc and play to these identified weaknesses.*
- *For the more advanced player, change the pace, spin and placement of your shots to prevent your opponent from 'reading' your game.*
- *Use the defensive lob when forced back and unable to safely hit a ground shot to keep in the point.*
- *If the opponent doesn't like volleying try hitting some short shots (preferably a low bouncing slice) to bring them into net so they're forced to volley or you are able to hit an attacking lob or passing shot.*
- *If your ball toss is in the wrong position when serving do not hit it. Let it bounce or catch it. Remember, when serving, you are in control of the point.*
- *When serving in doubles slow the first serve down slightly to improve your percentages.*
- *Always try to get to net in doubles as this is where such matches are won.*
- *Tell your partner where you intend to serve the ball e.g. if you serve down the middle your partner can then try to cross at net to hit a winning volley.*
- *If you miss a shot briefly think what you may have done wrong (e.g. too slow to the ball, poor footwork, wrong choice of shot) and move on positively to the next point.*
- *Take the time at change of ends to have a drink of water and think about how to play the next game.*
- *In singles, unless you are running to the net to hit a volley, always get back to the centre of the court just behind the baseline as quickly as possible but be prepared for another shot from your opponent to the same spot that tries to wrong foot you.*
- *But most of all play to have fun, never give up, always call 'out' balls on your side clearly and honestly, and always shake hands with your opponent after the game and thank them for the game.*