



FOUR EMOTIONAL LEVELS PLAYERS GO THROUGH

During the course of a players journey there are 4 emotional levels you go through during each level or age group of tennis. It's important to learn to handle the emotional pressures each level brings. If you skip a level it often hard to be mentally and emotionally tough as you have not been through all the emotional pressure or lack of pressure each level brings. Understand these pressures 1-UNDERDOG, 2-50-50 WIN/LOSE LEVEL, 3-SEED, 4-TOPDOG



Spring Break Training 2025

March 17th - 21st



Learn More

www.hobsonennis.com

Monday - Thursday

- 7-9.30am - Movement and on court training
- 9.30-11.00 - Mental toughness & Brunch - Cafeteria
- 11-1.00pm - Points and Situations
- 1-1.45pm - Strength and Power

Friday

- 7-11.00am

UTR Tournaments onsite are held on the weekend

- March 22nd - 23rd UTR

(404) 374 - 9750

ashley@hobsonennis.com

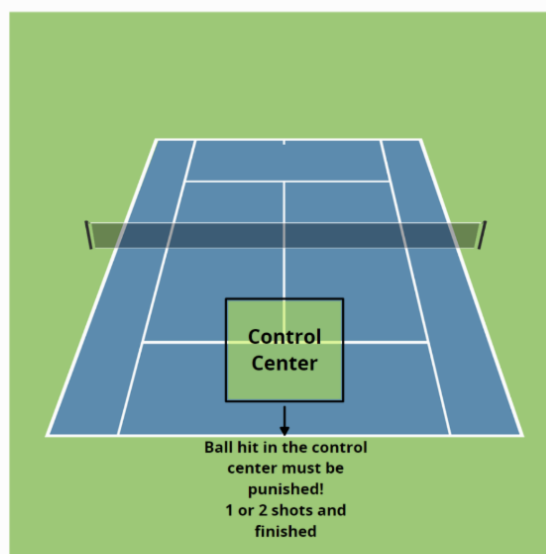


#1 Junior in the World this week!

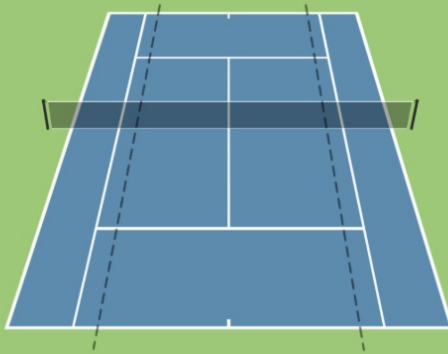
Skill testing for every player
Video analysis and coach recommendation video
Tactical and Mental presentation off court
No housing provided.
24 Players maximum/

State College of Florida, 5840 26th St W, Bradenton, FL 34207

TACTICAL DEVELOPMENT INFORMATION



Percentage Lines



Court Percentages

+/- 5% of balls land within 8 inches of the line

+/- 15% of balls land within 3 feet/1 meter of the line

Therefore, on average 85% of balls land at least 1 meter (3 feet) away from the lines

Average ball height above the net for men 2.5 feet. For woman 2.2 feet. Nadal is an outlier with 3 feet.

Therefore, when we add this to the targets, we can deduce that pros aren't looking to hit lines or winners all the time. Instead, they are aiming for big targets with safe margins.

Statistically, we therefore do not see players who try to only hit winners and go for the lines with small margins and neck clearance at the pro level

Therefore, looking to hurt your opponent with the first short ball or inside ball opportunity, taking control where you either get them off, balance, forcing an error or to the point where the ball out runs your opponent for a winner

(also, where do you have the greatest amount of angle, when you are up at the net, therefore following balls in and taking them out of the air makes statistical and geometrical sense)

If you are interested in coming for a FREE 1 DAY tryout please reply:
Serious Training.

Hobson Performance Tennis

X

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