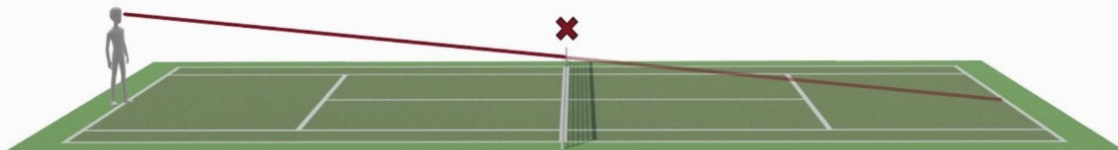


Play Smart –High Percentage Tennis

- The closer a player gets to the net, the bigger the angle they have to hit. It is much easier to finish a point from closer to the net than from the baseline
- Play DNO! Don't try to hit a winner from the baseline, wait for the short ball
- When approaching the net, get on top of it! The difference between DVP and IVP is 100°
- The court is longer rather than broader, and depth is the most important foundation after consistency
- Play within the percentage lines (at least 1ft away from the side lines)

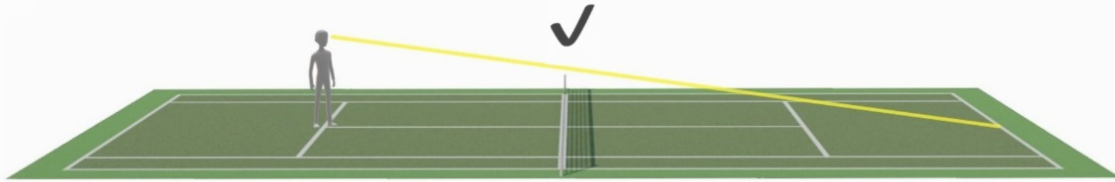
Air Targets

- When standing on the baseline it is not possible to see the opposing baseline OVER the net
- Players often aim to a target that they see THROUGH the net. This results in them hitting down on the shot and missing it in the net



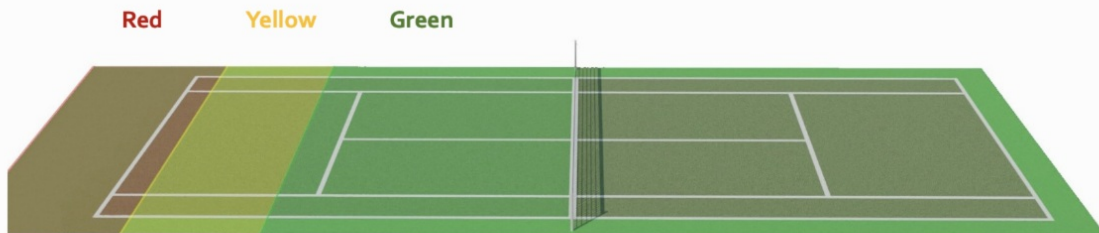
Air Targets

- To be able to see the opposing baseline over the net, one must be close to the net. This changes depending on the player's height, but this usually happens around the service line



Air Targets

- When we understand this, tennis becomes a lifting game or an "air target" game
- We can then divide the court in 3 zones based on positioning



P.S. - We'll be starting our summer training this week June 3! It's for players 10+ who have a UTR rating of 4 or above and want to progress their game as much as possible during the Summer.

Would you like to join us?

Reply with the word "Summer" and we will send you all the details.

Sign up link:

HOBSON PERFORMANCE TENNIS powered by Babolat and Novella Prep



HOBSON PERFORMANCE TENNIS
BRADENTON, FL

FOLLOW US FOR UPDATES



Facebook: HOBSON PERFORMANCE TENNIS
Instagram: @HOBSONPERFORMANCETENNIS

HOBSON PERFORMANCE TENNIS | 5840 26th st w | Bradenton, FL 34207 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!