



Understanding the game

1. Tennis is a game of winners + forcing shots - unforced errors
 2. Tennis is a game of movement
 3. Tennis is a game of emotional and mental toughness
 4. Tennis is a game of solving the problem in matches
-

Winners and Errors

Pro Tour stats:

31% of points end as unforced errors

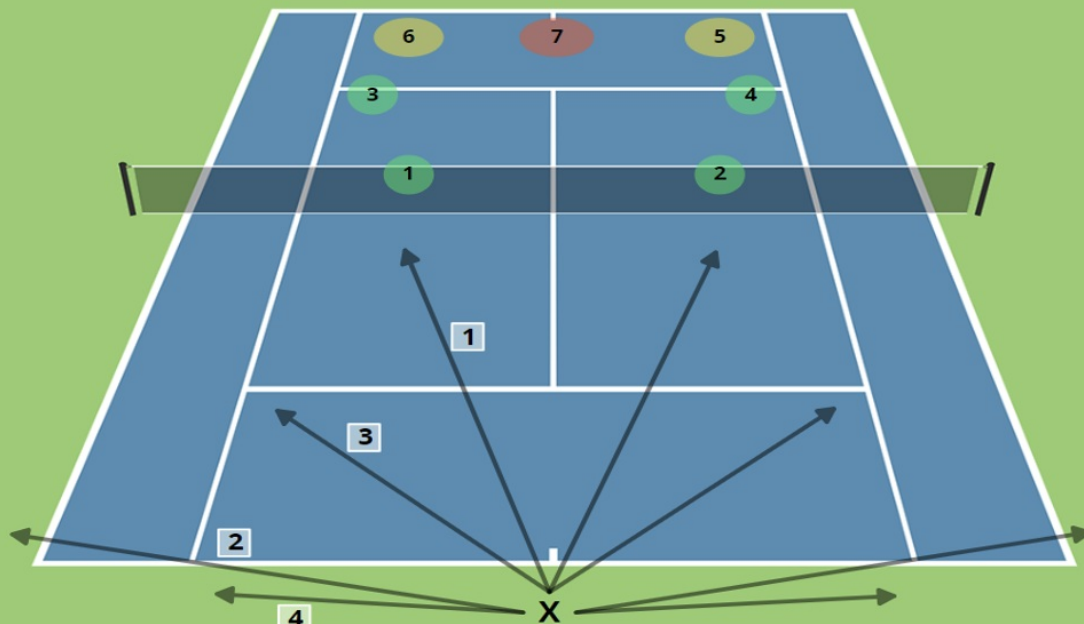
27% points end as winners

42% of points end as forced errors on the pro tour

Tennis is a game of Movement

7 Target Areas

Understanding how to make your opponent move more



Where can you make your opponent run more?

1. Dropshot -Is the longest way you run (Best)
2. T's (High percentage and good)
3. Short and low
4. Side to side (worst)

Tennis is a game of Emotional and Mental Toughness

Case Study: Rafael Nadal vs Roger Federer final at Wimbledon 2008 **6–4, 6–4, 6–7(5–7), 6–7(8–10), 9–7**

Nadal lost the fourth set of this match having had 2 championship points

An incredibly disappointing situation, having to go to the fifth set when he had one hand on the trophy. But he went on to actually win that match

In the press conference afterwards, a reporter asked him:

‘You know, Rafa, how did you recover and regroup after losing that full set? I mean, you were so close to winning Wimbledon. The disappointment must’ve been absolutely huge’

Rafa went: ‘Are you crazy? A huge disappointment? Never! Imagine you work your whole life to win Wimbledon and somebody tells you, you only have to win one set to win Wimbledon. The opportunity was still so big.

Rafa's mindset and fighting spirit were always his hallmark and just these characteristics got him many wins. Tennis is a game of mental toughness above all!

Tennis is a game of solving the problem

Some ways to win when rallying from the baseline are:

- **1. Consistency**

Making one more shot than the other player. They force you to go for a lower percentage shot than you normally attempt because you know that their shot tolerance is better than yours.

- **2. Direction (left and right)**

This involves three major areas. The first is the obvious one of hitting the ball away from your opponent and running them. The second involves hitting the ball directly at a weakness. The last is hitting behind your running opponent. This also taps into breaking down a shot by constantly hammering away at it. You know your opponent can make one or two backhands but can they make five in a row?

- **3. Depth (front and back)**

Depth is what you should be chasing at the start of every point. It's more important to push your opponent back where they can't hurt you than move them a little and give them better geometry of the court. A deep ball is typically defined as landing closer to the baseline than the service line. Depth also involved drop shots and hitting short on purpose to bring your opponent forward.

- **4. Height (low and high)**

Most players like to make contact with the ball around their waist, or at least below their shoulders.

- **5. Spin (topspin and backspin)**

Spin is a nasty weapon that can make the ball dance all over the place. It makes the ball jump up sharply, making it difficult to step into and also skid and stay low under the strike zone. It's not always easy to read spin and correctly adjust to, resulting in lots of errors.

- **6. Power (harder and softer)**

- **7. Court Position (where you stand)**

Where you stand visually expands and shrinks areas of the court that can have a large bearing on your opponent's shot selection and propensity to miss.

- **8. Time (rushing your opponent)**

If you are interested in coming for a tryout please reply: **Serious Training.**

Hobson Performance Tennis

X

UNIVERSAL TENNIS

JOIN OUR CLUB



UNIVERSAL
TENNIS



HOBSON PERFORMANCE TENNIS powered by Babolat



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!