Tennis strategies and tips

1. Concentrate on the first point of each game and the first game of each set. Often players do not focus or concentrate at these times and fall behind quickly.
2. Most matches are **lost not won**. The player with less unforced errors usually wins the match. Most players will self-destruct if you play steady.
3. Never let your opponent get into a rhythm. Mix up serves, spins, lobs, speeds, poaching, etc.
4. Crosscourt is your friend. It is the lay-up or easy shot. You are hitting to a bigger court, over a lower net, and your opponent can do less to hurt you on his/her return shot. **Play crosscourt!**
5. Lobs are effective in frustrating your opponents and in keeping them off the net.
6. Go out and meet the volley when it is high and easy not when it is low and impossible.
7. Remember to move back to the center of all possible returns. This is center when the opponent hits the ball from center but is left or right as the opponent hits from left or right.
8. When playing poorly: 1) Play steady till you get your rhythm 3) serve at ¾ speed

2) Hit shots toward the middle of the court 4) change the losing game

1. Look for weakness in your opponents. Is it a weak backhand, slow footwork, trouble with volley, weak second serve, is one partner better than the other, trouble with balls close to body?

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1. First serve MUST be in play. Serving teams win 75% of the points when the first serve comes in. Stronger server should serve first. Slow starters should the let other teams serve first.
2. When serving on the deuce court go 80% down the middle and 20% wide. In the add court go about 50/50 down the middle and wide. Remember the net is lower down the middle.
3. Steady players should usually play the deuce court. Hot shots should usually play the add court.
4. Teamwork is essential. Make sure partners know who will cover the volleys, lobs, and side of the court. Work this out in practice before the match.
5. Return the serve low or with a deep lobs. Hard baseline drives rarely work. Don’t overplay this shot!
6. Quickest player should usually cover the lob. Player with the best overhead should take the shot down the middle.
7. Hard hitters usually don’t win in doubles! It is a game of position and finesse!!
8. Make sure you float (move) to cover the side of the court the ball is being hit from by opponents.
9. When in doubt hit down the middle and cover the middle!

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