

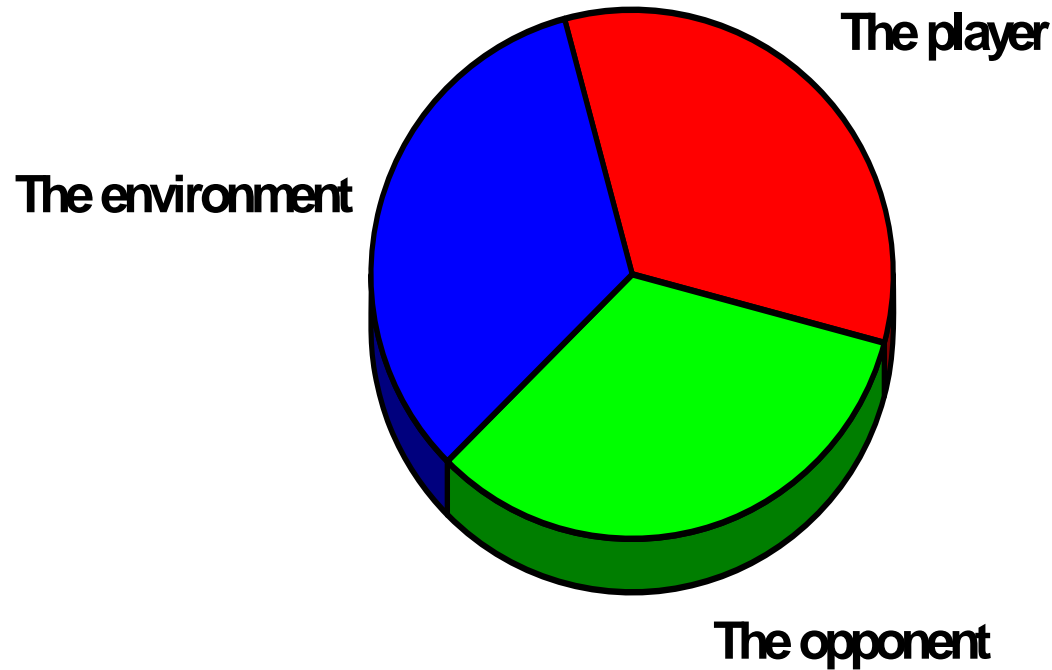


INTRODUCTION TO TACTICS

Level II Coaches Course



FACTORS that influence match play



THE PLAYER

- Playing standard
- Tactical understanding
- Technical competence
- Physiological development
- Mental characteristics
- Experience, game-style and training level
- Competition



THE OPPONENT

- Same as for the player but also
- Ball trajectory: direction, height, depth, speed and spin
- Shot selection: position of the ball, position of the player and tactical intentions
- Opponent's tactical strengths and weaknesses



THE ENVIRONMENT

- Court surfaces: slow, medium and fast courts
- Weather conditions: wind, rain, sun and altitude
- Other environmental factors: spectators, umpires, time, psychological considerations, etc.



TYPES OF SHOTS

- Buildin-up shot
- Winner
- Building-up shot
- Neutralizing shot
- Neutral shot
- Counter attack

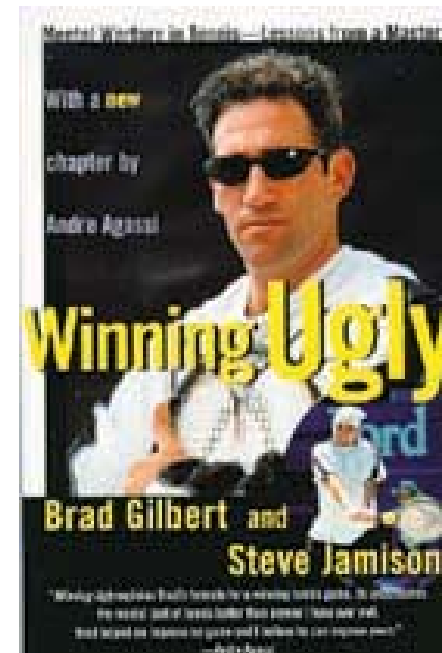


STRATEGY

- 1. Dictate the game as often as possible
- 2. Daring & courageous
- 3. High tempo

Other strategies

- Moving the opponent (attack fitness)
- Playing on weak side (attack weaknes)



GAMESTYLES

What game styles use top tennis players?

AGGRESSIVE BASELINER



Characteristics:

ALL-ROUND PLAYER

Charasteristics:



NET RUSHER / SERVE & VOLLEYER



Characteristics:

Counter puncher

Characteristics:



5 GAME SITUATIONS

1. Serving
2. Returning
3. Base line game
4. Approaching net
5. Playing against net play



SERVING

1st Serve

- 1. Ace or winner
- 2. Building-up shot + Big F
(in opponent's weaker side)
- 3. Serve & volley – surprise

2nd Serve

- deep in weaker side
- 2. serve & volley or winner

RETURNING

1st Serve

- put the ball in (intermediate)
- prevent immediate attack
- in opponent's weaker side or middle
- in opponen's feet

2nd Serve

- aggressive F whenever possible
- chip & charge

BASELINE GAME

- keep the ball deep (by hight!)
- counter angle shot with an angle shot
- use opp. weaker side
- take every chance for Big F & approach shots
- after successful building-up shot step in
- (winner, approach, drop-shot)
- variety (drop-shot, moon-balls, short-angle, spin)
- create oppening by cross shots



NET GAME

- Approach
- in opponent's weaker side (for passing)
- deep (use “the body shot”)
- anticipate the lob
- majority down the line approach
- keep opp. guessing



PLAYING AGAINST NET GAME

- opponent approach
- two-shot tactics (soft shot in the feet + passing)
- lob (not only when you have to!)



Thank you!

Questions?



PRINCIPLES FOR STRATEGY AND TACTICS (I)

- Keep the ball in play
- Have a game plan (basic and alternative)
- Use your best weapon (s) whenever possible
- Use your weaker shots to prevent your opponent attacking by hitting deep, taking the pace off, etc.
- Use intelligent shot selection

PRINCIPLES FOR STRATEGY AND TACTICS (II)

- Analyse the situation
- Play within your capabilities and possibilities
- Be positive (i.e. controlled aggression)
- Once you decide, commit yourself to the shot. No second thoughts!
- Play the ball, not your opponent!

PRINCIPLES FOR STRATEGY AND TACTICS (III)

- Try to adapt a gamestyle that first of all suits your strengths and then that exploits the opponent's weakness
- Learn to combine power and control during the match
- Use combinations of shots to create openings
- Try to move your opponents and make them run by varying direction, depth, etc.

PRINCIPLES FOR STRATEGY AND TACTICS (IV)

- Try to gain and maintain the momentum in the match, in order to dominate the match flow and tempo
- Try to analyse the match during changeovers to decide when to change your tactics
- Try to dominate the point at every opportunity

CANDIDATE'S TASK (I)

STYLE	CHARACTERISTICS	HOW TO COUNTER

CANDIDATE'S TASK (II)

	Counter-punching	Aggressive baseliner	All-court player	Serve and volleyer
Counter-punching				
Aggressive baseliner				
All-court player				
Serve and volleyer				

QUESTION & ANSWER

- Which is your gamestyle? Why?
- Which gamestyle do you like most? Why?
- Which gamestyle do you like least? Why?
- Which gamestyle do you think should be taught to a player? Why?
- When do you think the gamestyles should be introduced to players? Why?