

IGRALNI STILI

V tej predstavitvi bomo...

- Preverili ali so se igralni stili v zadnjih letih kaj spremenili
- Razložili značilnosti sodobnih igralnih stilov
 - Igralec na osnovni črti
 - Igralec servis – mreža
 - Vsestranski igralec.

Uvod

Ali so igralni stili spremenili v zadnjih letih?

- Nekaj let nazaj so bili zelo jasno prisotni 4 igralni stili:
 - Obrambni igralci na osnovni črti
 - Napadalni igralci na osnovni črti
 - Vsestranski igralci
 - Igralci servis – mreža.

Igralni stili danes...

- So se spremenili, ker se je spremenila igra
- Igralci, ki na osnovni črti preveč obrambni, niso več uspešni
- Igra po celem igrišču temelji na napadalni igri na osnovni črti, bolj kot v preteklosti
- Sodobni igralci servis – mreža so danes boljši tudi na osnovni črti, kot so bili igralci v preteklosti..

in...igralni stili

- So si mnogo bolj podobni kot včasih
- Napadalni udarci z osnovne črte so postali bistveno bolj pomembni za vsak igralni stil
- To ne pomeni, da se igralci ne odločajo kateri igralni stil bodo izbrali
- Igralni stili postajajo mnogo bolj individualni in imajo značilnosti enega ali skupine igralcev

Igralci na osnovni črti

- Imajo hiter in učinkovit servis
- Igraljo zelo napadalno na osnovni črti in v igrišču
- Imajo mnogo priložnosti zadeti winer ali odigrati napad, ko je tekmelec v obrambni poziciji
- Z ustreznim vodenjem (coaching), kar pomeni demokratično z veliko odprtimi situacijami, bodo ti igralci igrali več tudi pri mreži.

- video – Nadal – Djokovic -

Vsestranski igralci

- Udarci z osnovne črte so hitrejši kot včasih
- Tudi pasing je postal hitrejši
- K mreži pridejo le če je napad odigran dovolj kakovostno in je pritisk na tekmeca dovolj velik
- Izgleda vedno bolj kot igralec osnovne črte, z razliko pogostosti in trenutka prihajanja k mreži
- V situacijah, kjer igralec osnovne črte čaka na „big“ udarec z osnovne črte, bo ta igralec želel zaključiti točko pri mreži.

- Video – Federer – Sampras -

Igralec servis - mreža

- Igra več udarcev na osnovni črti kot včasih
- Je razvil učinkovit passing
- Samo na zelo hitrih igriščih bo stalno igral servis – mreža, tako kot včasih
- Na vseh podlagah bo k mreži prihajal redkeje in uporabljaj tudi druge možnosti (skrajšana žoga, forhend...), da vrši pritisk na tekmeca.

- Video – serve & volley -

Protinapadalec



Protinapadalec

- Potrebna redefinicija obrambnega igralnega stila
- Igralci-ke, ki niso izraziti napdalci, vendar je njihova igra odvisna tudi od ravni igre tekmeca
- Pogosto imajo specifične kondicijske, osebne in tehnične značilnosti/prednosti/omejitve
- Lahko je igralni stil posledica dolgoročnega ravoja igre, kjer v določeni fazi niso razvili “pravih” orožij.

[- Video – Simon – Djokovic -](#)

Delavnica

Za igralce-ke stare 15-16 določite značilnosti igralnega stila na osnovi uspešnega igralca-ke, ki ga/jo poznate:

- Skupina A: za napadalec z osnovne črte,
- Skupina B: za kontranapadalec, obrambni igralec,
- Skupina C: za vsestranski igralec.

Vprašanja?

Tactics of the Baseline Player

Introduction

- Some characteristics that these players have are:
 - Speed,
 - Strength of mind,
 - Endurance,
 - Lack of baseline weakness,
 - Strong passing shots and
 - Good return of serve.
- Utilizing their speed around the court is crucial:
 - Allows to play a high percentage style
 - Good clearance over the net,
 - Good depth of shot
 - Low unforced error count that forces his opponent into taking risks.
- Players have the capabilities to hit the ball harder and finish the point quicker so it is imperative for the growth and longevity of a speedster to develop weapons of his own that can see him on the offensive during baseline rallies.

Tactics of the Baseline Player

Baseline Play

- The player that is a little slower around the court is always looking to control the rallies, being more aggressive forcing his quicker opponent to cover more court.
- The quicker player may be doing more running but invariably is taking fewer risks. He also is searching for that opportunity to step up take control of the point which will expose his opponent's lack of speed and force him to execute a low percentage shot.

Tactics of the Baseline Player

Baseline Play

- The great baseliners will not relinquish control of a point.
- Once they assert themselves in a baseline rally and fire that first penetrating shot, they step up on or inside the baseline and work their opponent until it's time for the “kill” shot.

Tactics of the Baseline Player

Baseline Play

- Against a player that is searching for the opportunity to attack the net, things take on a different perspective.
- Your opponent is looking for that first short ball and will take his chance.
- Depending on the proficiency of his net game, he will either go for the big shot in an effort to hit a winner or at the very least force an error, or work the ball deep and establish a strong net position.

Tactics of the Baseline Player

Baseline Play

- Keeping good depth and hitting a heavy ball is vital to pinning your opponent on the baseline.
- Do not play safe when in a baseline rally expecting your less comfortable opponent to miss.
- You can lower the standard of your own baseline game giving your opponent more short balls to look at.
- Dominate these rallies to send a strong message about who is the better player from the back of the court.

Tactics of the Baseline Player

Serve and Return

- Is it a weapon, a weakness or is it wasted?
- A player who is 5'9" is potentially never going to serve as well as someone who is 6'3".
- So what is he trying to accomplish?
- Firstly, improve your second serve!
- It opens up a world of options on your first serve if you have the knowledge that your second serve is strong and difficult to attack.
- It needs a combination of variation, accuracy, consistency and pace to be effective over the long term.

Tactics of the Baseline Player

First Serve

- A great deal of baseliners will step up to the plate and simply bomb their first serve looking for a cheap point.
- That in itself is fine, but so often wasted.
- The first serve is an opportunity for you to control the point from the outset with direction and pace depending on your opponent's strengths and weaknesses while still allowing you the chance for a free point.

Tactics of the Baseline Player

Serve against a Net Rusher

- When playing a net rusher the first serve percentage becomes a much more important statistic.
- These players are looking at second serves as a way to attack the net and don't mind giving up a few free points if their opponent continually bombs the first serve as they know that it's hard to serve this way at a high percentage.
- Serving with a little more spin, taking a small amount of speed off the ball will allow the player to serve at a higher percentage giving the net rusher fewer looks at a second serve.

Tactics of the Baseline Player

Analysing your Opponent's Return

- Is he stronger off the forehand or backhand side or maybe one wing is more consistent but not as threatening as the other and presents a chance for you to control the point from the outset?
- Look at the player's grip when returning. Quite often the receiver will change grips as the server tosses the ball up. Is the use of an extreme grip making it difficult to return off a particular side?
- Where does he stand to return both serves and is he opening up the angles by drifting too far back? Alternatively the body serve may be more effective against a player that is stepping in and taking a big swing.
- The serve is the first shot played in every point. Don't waste it by just using it as a way to start off a rally.

Tactics of the Baseline Player Approaching the Net

- Life can be made much easier for most baseliners if they venture to the net occasionally to knock off the easy volley.
- When an opponent is stretched and out of court, players' should take away their defensive options by moving forward and forcing them to make something happen. It doesn't have to happen much!

Tactics of the Baseline Player

Approaching the Net

- If the opponent knows that the baseliner is willing to come into the net, this will create a greater level of uncertainty whenever he is on the defensive.
- No longer can he just expect to push the ball back deep and grind his way back into the rally.
- Rather he may think it necessary to execute a big passing shot close to the line, which in itself will bring about a larger number of errors.

Tactics of the Baseline Player

Net Play

- Don't try and generate pace but use the pace given to you
- Small swings
- Long and quick strides when approaching to get to a strong net position
- Split step at point of impact of your opponent's passing shot so you can react in either direction
- Use the dropshot and the angles of the court
- Volley out in front and bend the knees for anything low.

Tactics of the Baseline Player

Net Play

- In a perfect world, the players who feel more comfortable at the back of the court should always be coming in on their terms.
- If they find they are playing a high percentage of low volleys it could mean a few things: they are
 - Coming in on the wrong ball and their opponent is set for the passing shot
 - Hesitating or second guessing themselves
 - Not exploding forward like a sprinter but just making a casual move
 - Not taking those extra two or three steps forward to catch the ball before it drops below the height of the net
 - Or, being brought forward by their opponent with the use of the dropshot or short ball

Tactics of the Baseline Player

Net Play

- Improve the net game and all of a sudden the good two-dimensional player has added another dimension to his game and something else for his opponents to consider.
- The net game may never become a weapon but it can absolutely become an option when encountering certain match-ups, and this is not even to mention the benefits that will be realized on a variety of different surfaces.

TACTICS OF THE SERVE AND VOLLEYER

Tactics of the Serve & Volleyer

Introduction

- Over the years the game has changed, yet , not one factor in particular can be blamed or highlighted as the reason for the destruction of the “net rusher and serve volleyer”.
 - The reality that three of the four Grand Slams were previously played on grass
 - The development of space age technology for rackets and strings, tennis-balls that appear to be constantly altered in size and weight,
 - Large sums of money that have attracted more players to the game
 - Advancements in science and technology that have facilitated these players in becoming better overall athletes have ah played their role.

Tactics of the Serve & Volleyer

Introduction

- More and better competition is the result and the subsequent schedule that is forced upon the players is tough.
- Players experience more injuries (despite improved injury prevention) and are forced into earlier retirement.
- Only a very select few can survive with this type of game but the question remains, for how long?

Tactics of the Serve & Volleyer

Introduction

- We will continue to see more and more players develop an all round game.
- Yet, to best develop as a player, coaches will need to learn how and when to rush the net and to use the serve and volley as a change up.

Tactics of the Serve & Volleyer

Creating the Opportunity

- The element of surprise
- Taking away time from their opponent
- Reducing angles that can be used against them
- Conserving energy after a long point
- Taking a player out of their comfort zone
- Intimidating (with their game!)

Tactics of the Serve & Volleyer

Playing against a Counter Pouncer

- A player that will use the angles and the speed of the ball that their opponent creates.
- The one player that is most difficult to surprise since they have a very large comfort zone.
- Wants you to give them speed and angles so they can use
- Not known for their creativity but more for their reactivity.
- Rushing the net and serving and volleying forces them into a situation in which they have to create instead of react.

Tactics of the Serve & Volleyer

Playing against a Counter Puncher

- What type of serve?
 - Speed should only be used if the placement of the serve is into the body of the counter puncher.
 - The body serve is the percentage serve.
 - Determine the weaker side of the player and pick which side you are going to.
 - Some of the very best body serves are those that curl into either the right or left hip of the player.
 - Hereby you can decide to which side the player will move to hit the return and therefore provide him with less angle.
 - Obviously, you would prefer them to move to the sideline to hit their return thereby creating an open court or allowing you to play behind them when they try to recover.

Tactics of the Serve & Volleyer Playing against a Counter Puncher

- What type of serve?
 - Kick serves: to give yourself more time to get into the net and give them less speed and angle to work with.
 - Slice serve: Effective when time is taken away from the counter puncher and they are forced to create.
 - Your best serve, come in after it to save energy after a long point, first serve down the T, to give them less angle to work with.

Tactics of the Serve & Volleyer Playing against a Counter Pouncer

- When and how to “rush the net”?
 - During the rally:
 - Rush the net down the center of the court. The shot should not be hit with pace but with great placement.
 - After the return of serve
 - Take the second serve return very early and place it down the center with depth to provide them less angle to work with.
 - Create an element of surprise by dropping the second serve return short and following it up to the net.

Tactics of the Serve & Volleyer

Playing against an Aggressive Baselineer

- Focus on when to use serve and volley as a tactic to create opportunity.
- Timing when to follow the serve up to the net is crucial

Tactics of the Serve & Volleyer

Playing against an Aggressive Baselineer

- When to Serve and Volley:
 - Force them out of their zone and into a defensive position.
 - Pick your time to serve and volley to create an element of surprise and intimidate them.
 - On scores like 0-30, 15-30 and deuce, consider using the serve and volley as way to get out of this situation.
 - When you decide to do so, make sure you are hitting your best serve and go for the easy volley.
 - Even the best returners in the game do not like to be pressured, challenged or forced with less time to set up for their favoured shot.

Tactics of the Serve & Volleyer

Playing against an Aggressive Baselineer

- When to Serve and Volley:
 - On the 2nd serve:
 - Go wide on the deuce side
 - Go to the T on the ad side
 - Take into consideration that the opponent will be looking to hit their inside out forehand as often as possible

Tactics of the Serve & Volleyer

Playing against an Aggressive Baselineer

- When to Rush the Net
 - Rushing the net on their serve can be most effective. This can be done on both a first and second serve.
 - The element of surprise and tactical intimidation can force them to press more on their first service, resulting in a lower first serve percentage and maybe even some double faults.
 - Also, by rushing the net in this way they have less time to set up, which may in turn force them to go for a different or more risky shot.

Tactics of the Serve & Volleyer

Playing against an Aggressive Baseline

- When to Rush the Net
 - Rushing the net from the back of the court can also be performed through:
 - Counter-attacking one of their baseline power shots or
 - Taking a larger swing at (and more risk on) their second serves.
 - This will force a shorter ball for you to come in on.

Tactics of the Serve & Volleyer

Playing against an Aggressive Baseline

- Rush net with the return of serve:
- On a first serve:
 - Try to pick your time.
 - Against a right hander on the ad side, look to rush the net when they go for the T. Try to block it short, down-the-line (their body weight will be leaning to their left) to take away time, to force them to cover a larger distance and to create your own angle.
 - Against a lefty, do this on the first serve on the deuce side.

Tactics of the Serve & Volleyer

Playing against an Aggressive Baselineer

- Rush net with the return of serve:
- On the second serve:
 - Apply pressure when they go down the T with their second serve by approaching down the line and a bit short.
 - This will force them to move in a direction that does not come naturally as they are more than likely to be readying themselves to play their inside out forehand.

Tactics of the Serve & Volleyer

Playing against an Aggressive Baselineer

- Rush to the net from the back court:
 - Take a swing at their second serve to set up a shorter ball for you to come in on.
 - This will create more opportunities than any other, when playing against this type of player.
 - Make sure you go for a percentage shot either down the center or crosscourt.
 - Both will give you the upper hand from the time the ball is put into play. Use this to get them out of their zone and put yourself in charge.

Groeneveld (2002)

Tactics of the Serve & Volleyer Playing against an Aggressive Baselineer

- Rush to the net from the back court:
 - Look to negate his angles with hard hit shots down the line.
 - Provide them less time and angles to work with and force them to provide you with opportunities for you to go to the net, take control and ultimately win.

Tactics of the Serve & Volleyer

Playing against an Aggressive Baselineer

- WHAT TO DO IN GETTING THERE
 - Make sure you shorten your back swing while approaching the net and keep your head up after your serve.
 - Keep your racket head up.
 - Use a split step at the moment the opponent makes contact.
 - Lower your center of gravity (wider base).
 - To cover your angles, move in a straight line. (Following the line of the ball is not always the best solution as this can create angle).
 - Keep your shoulders square to the net.
 - Do not favour one side (forces the passer to guess).
 - Drop your volley short when it is below the net.
 - On difficult volleys, volley back to where the ball came from.

TACTICS OF THE ALL ROUND PLAYER

Tactics of the All Round Player

Definition

- An all-court player is simply a player that is skilled in executing from all areas of the court.
- It is a player that is equally adept at serving and volleying, attacking short balls, playing aggressive baseline points, and neutralizing the point when on the defensive.

Tactics of the All Round Player

Game Plan

- As an all-court player you will nonetheless need a winning game plan?
- Or if you are a coach, you will need to be able to teach a winning game plan?
- Just how simple is it?
- By following a basic set of guidelines you can be assured some success.

Tactics of the All Round Player

Versus a Serve and Volleyer and/or Net Rusher

- Serve management:
 - Serving a higher percentage of 1st serves even if it means hitting with more spin and less speed
 - Developing effective targets: serve to the body to prevent the opponent from attacking
 - Playing aggressive serve games by looking to serve and volley more often
- Return consistency:
 - Developing predetermined targets and not overly concerning yourself with your opponent but more on your return
 - Returning up the middle to eliminate the opponent's potential volleying angles
 - Play the return with more topspin to force the opponent to hit up on the first volley
 - Following the return, hold an offense position inside the baseline which will reduce the time the opponent has to recover after the first volley
- 1-2 passing shot sequence:
 - Make your opponent volley before looking to pass him with your second passing shot chance.
 - Use a variety of passing shots such as: a lob, dipping crosscourt passes, and up the line to the safeline target.

Tactics of the All Round Player Versus an Aggressive Baseline

- Self-focus:
 - Repeat the phrase “focus on myself first and the opponent second”
 - Maintain your general status as an all-court player.
 - Do not attempt to match shot-for-shot what an aggressive baseliner can do.
 - Deal with your own strengths first.
- Identify the weakness:
 - Does not attack short balls,
 - Moves side-to-side better than forward and back,
 - Is slow in recognizing short balls or drop shots,
 - Does not respond well to balls hit up the middle,
 - Does not like hitting high bouncing balls.

Tactics of the All Round Player

Versus an Aggressive Baseline

- Serve management:
 - More serving and volleying
 - Consistently changing your serving targets and using a variety of spin and speed to prevent the opponent from “grooving” their returns
 - Using more body serves
- Aggressive return games:
 - Attack second serves by approaching up the middle
 - Return with heavy topspin
 - Attempt to place the server on the defense with the return.

Tactics of the All Round Player Versus a Defensive Player

- Attack:
 - Increase the frequency with which you serve and volley as well as your aggressiveness in returning your opponent's serve.
 - Make the defensive player utilize their defensive skills at every opportunity.
 - Do not rush.
 - Use safe targets and reduce the number of angle opportunities by attacking up the middle.

Tactics of the All Round Player Versus a Defensive Player

- Adjust:
 - Mix-up your game plan by occasionally staying back
 - Play some higher balls
 - Bring your opponents to the net with dropshots or short balls to make them volley

Determining a game plan for your player

- Does your opponent...?
 - Have a strength on the forehand or backhand
 - Protect his weakness by playing from the backhand court and looking for forehands
 - Do you need to go to the strength to open up the weakness
 - Can he be pushed back into a defensive position during baseline rallies and how
 - Is he comfortable moving forward to a no pace ball
 - Will he drop back when given a high and heavy ball or will he stand up and play aggressive
 - Can his speed around the court be exposed
 - Will he move forward to the net when given the opportunity or will he back up
 - Does he have a defensive game when stretched