

# TAKTIKA TENISA NA RAZLIČNIH PODLAGAH

# V tej predstavitvi bomo...

- Razložili različne taktike z vidika igralne podlage
- Pojasnili vpliv igralne podlage na psihične, tehnične in taktične značilnosti igre posameznikov.

# Taktika na pesku

# Taktika na pesku:

## UVOD

- Sodobni igralci na pesku uporabljajo svoj(e) dominantne udarce in igrajo oz. želijo igrati napadalno z osnovne črte
- Uspešni igralci na pesku so sposobni prilagoditi svoj igralni stil tekmecu in podlagi
- Uspešni so na vseh podlagah, vendar bolj na počasnejših
- Hitro se prilagodijo tudi na hitrejša igrišča in postanejo vsestranski igralci (pr. Agassi, Hewitt, Safin, Nadal...).

# Taktika na pesku: STRATEGIJA

- Napadanje z osnovne črte
- Gibanje tekmeca
- Pritisk na tekmeca, da naredi napako
- Učinkovit servis in napadalen retern
- Močna in zanesljiva igra z osnovne črte s ciljem nadzora točke
- Solidna igra pri mreži
- Učinkoviti v obrambnih situacijah.

# Taktika na pesku:

## OSTALE POMEMBNE ZNAČILNOSTI

- Gibanje: Učinkovito pokrivanje igrišče in gibanje
- Kondicijsko: Ustrezna vzdržljivost.
- Psihološko: Mentalno čvrsti.

# Taktika na hitrih podlagah

# Taktika na hitrih podlagah:

## UVOD

### Psihološko

- Pomembna koncentracija v kratkih intervalih
- Dominiranje v točki in diktiranje točke
- Sprejeti, da je več napak in manj ritma v igri
- Več izenačenih iger in nizov, ker je manj odvzemov servisa
- Potrebna mirnost in zaupanje ob zaključku niza.



# Taktika na hitrih podlagah:

## UVOD

### Kondicijsko

- Ustrezno sledenje žoge, hitre reakcije in dobra anticipacija
- Hitra in eksplozivna gibanja in dinamično ravnotežje
- Razvoj vzdržljivosti izven igrišča, ker so točke krajše
- Dobro ogrevanje in pripravljenost začeti na visoki ravni.

# Taktika na hitrih podlagah:

## UVOD

### Tehnično

- Zelo učinkovit servis. Dobri serverji osvojijo 80% točk na svoj servis
- Učinkovit slajz servis
- Retern – zanesljivost na prvi servis in prevzeti pobudo na drugi servis
- Sposobnosti za hitro pripravo in izvedba kompaktnih udarcev.

# Taktika na hitrih podlagah:

## UVOD

### Tehnično

- Sposobnost igranja blizu osnovne črte in uporabiti hitrost tekmeca
- Sposobnost nevtralizirati močan topspin
- Napadalni slajz bekend
- Sposobnost zaključiti točko pri mreži
- Ponavljanje prvih volejev, kaznovanje visokih žog, dober občutek pri nizkih in učinkovit smeš
- Anticipacija in posebni udarci so pomembni.

# Delavnica 1

Taktika na pesku (igralci-ke 16 let):

- Skupina 1: Taktika serviranja in reteniranja
- Skupina 2: Taktika igre na osnovni črti
- Skupina 3: Taktika igre pri mreži in v obrambnih situacijah.

# Delavnica 2

Taktika na trdi podlagi (igralci-ke 16 let):

- Skupina 1: Taktika serviranja in reteniranja
- Skupina 2: Taktika igre na osnovni črti
- Skupina 3: Taktika igre pri mreži in v obrambnih situacijah.

# Delavnica 3

Taktika proti specifičnim igralcem-kam (do 16 let):

- Skupina 1: Taktika proti levičarju-ki na pesku
- Skupina 2: Taktika proti igralcu z odličnim servisom in forhendom na trdi podlagi
- Skupina 3: Taktika proti igralki se odlično giba lateralno na zelo hitri podlagi.

# Vprašanja?

# Singles Tactics for fast courts

## Serving

- Slice curves the ball out wide or into the body
- Moving the ball, body serve is under-utilized
- Heavy topspin less useful
- Second serves can be huge weapons
- Without a big serve baseline and/or volleying skills must be near perfect

MacCurdy & Gullickson (2002)



# Singles Tactics for fast courts

## Return of serve

- Aggressive as possible with large target areas
- Plan the return
- Not too far back
- Possible priorities
- Weaker side
- Deep down the middle or crosscourt
- If possible, the down the line puts the server on the defensive right away

MacCurdy & Gullickson (2002)

# Singles Tactics for fast courts

## Second serve

- Down the line becomes easier
- Hit or chip and charge are effective
- Be ready to move forward after good returns

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# Singles Tactics for fast courts

## Baseline play

- Top players tend to slug it out close to the baseline
- Eager to attack
- Increase offensive shots and decrease defensive shots
- Ability to shorten and lengthen the swing depending on the speed of the oncoming ball

MacCurdy & Gullickson (2002)

# Singles Tactics for fast courts

## Approaching the net

- Wide serve, volley to open court
- T-serve, volley to weaker side or against momentum
- Follow the flight of the ball and cover the line
- Second volley, more angle or dumping the ball short
- Drop volley good on grass, careful on hard courts

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- Some very good volleyers use heavy topspin on first serve
- Approach shots with power
- Approach shot factors
- Down the line for better positioning
- Careful approaching to forehand, players are dangerous
- Attack a genuine weakness without mercy
- Deep down the middle reduces angles
- Varying depth with short angles works on grass

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## Against a net player

- Down the line is quickest
- Lobbing opens up the passing lane for crosscourt
- Two shot combinations
- Ripping the ball straight at the volleyer
- Topspin lob is an integral part of passing

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# Singles Tactics for fast courts

## General considerations

- All court players can succeed
- Powerful, erratic players can succeed
- Hitting out of the strike zone as a tactic is more difficult. Keeping the ball low is easier.
- Concentrate early in the games. Be more aggressive when opportunities arise to break.

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- Attitude is very important on grass.
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# Tactics on Slow courts: Forcing serve

- Clay court players do not usually have a dominating serve the same way all round or serve and volley players do.
- However, all of them try to improve the serve as much as possible in order to use it to force their opponents and start the point with a good advantage.
- Clay court players who have very good serves have more advantage to dictate the point from the beginning.

# Tactics on Slow courts: Typical serve patterns

- Right service box: Wide serve, down the line return by the opponent, inside out forehand long or short to the backhand side of the opponent (right handed).
- Right service box: Same as above but the inside out forehand long or short goes to the forehand side of the opponent (right handed) to wrong foot the player.
- Right / Left service box: T serve, any kind of return by the opponent, use the best shot to the weak side of the opponent.
- Right / Left service box: Serve to the body, any kind of return by the opponent, use the best shot to the weak side of the opponent.
- Left service box: Wide serve, any kind of return by the opponent, use the best shot to the weak side of the opponent.

# Tactics on Slow courts: Attacking return

- Crucial on clay because players can take more advantage of not so hard serves.
- Good returns to attack in all kinds of serves if possible.
- Try to return with their best shot to the weakest shot of the server or
- Try to play a forcing return to start dominating the point from the beginning.
- Usually a deep and high ball to:
  - Recover the position
  - Keep the server well behind the baseline.

# Tactics on Slow courts: Common return patterns

## Against a hard serve:

- Blocking return.
- Deep and high if possible when the server stays back or low and short if the server approaches the net.
- Try to recover the position.
- Be ready to run and to defend the point.
- Look for opportunities to take an attacking position.

## Against a weak serve (usually second serve):

- Attacking return.
- Deep down the line or crosscourt to the weakest side of the opponent.
- Or short to move the server.
- Try to take an attacking position.
- Try to win the point if the serve allows to.

# Tactics on Slow courts: The serve & the return

- On slow hard courts and clay, the position of the receiver can vary a great deal.
- One common tactic is to stand in fairly close and block the first serve back.
- On the second serve the receiver drops back several feet and takes a full swing at the ball.

# Tactics on Slow courts:

## Strong & dominating baseline game

- Made of consistent groundstrokes
- Around their best shot, which is usually the forehand.
- Use it as much as possible to dominate the point from the baseline.
- Importance of the **INSIDE OUT FOREHAND**

# Tactics on Slow courts:

## Strong & dominating baseline game

- The inside out forehand
  - Positioning and movement of the player and the direction of the stroke
  - Hit from any part of the baseline.
  - Move around the backhand to surprise their opponent, especially when the ball is in the opponent's court.
  - Lateral movements are crucial.
  - Hitting in front while stepping onto the ball is another important component.
  - This shot should always be hit very fast.
- Basic patterns of directions of the inside out forehand include:
  - Deep towards the opponent's backhand (right handed),
  - Short and angled to the left of the opponent, and
  - Deep and fast to the opponent's backhand (to wrong foot the opponent).



# Tactics on Slow courts:

## Strong & dominating baseline game

- Regular forehand:
  - Hard and penetrating strokes
  - Before was played with heavy topspin and high trajectories.
  - Nowadays, more a flat stroke with more speed and a lower trajectory.
  - Used to win points from the baseline or from inside the court.
  - High bouncing balls are generally played with a flat hard forehand.

# Tactics on Slow courts: Strong & dominating baseline game

- Backhand:
  - Some very good clay court players which have better backhands than forehands
  - Most used backhand tactical patterns are:
    - The flat down the line backhand to the opponent's forehand (right handed),
    - The short crosscourt backhand against the opponent's backhand to open up the court.

# Tactics on Slow courts:

## Basic baseline patterns

- Moving the opponent by:
  - Changing directions,
  - Playing wrong foot,
  - Playing the big X (deep crosscourt to one side and short crosscourt to the other side),
  - Force the opponent to come to the net,
- Attacking the weaker side of the opponent,
- Keeping the opponent behind the baseline,
- Playing winners from the baseline,
- The surprise factor is also very important from the baseline (drop shots).
  - Usually played when the player is inside the court or on the baseline, never behind the baseline.
  - Play it using the same grip and backswing that he uses for the regular forehand. This will increase the disguise of the shot.

# Tactics on Slow courts:

## Net game

- In general, all clay court players could try to win more points close to the net.
- However, those who are very strong from the baseline seem not to need the net game.
- Claycourters know how to volley and hit the smash technically quite well
- But they do not really know how to “play” very well close to the net or when to approach the net

# Tactics on Slow courts:

## Net game

- Playing at the net is not only a matter of having good and soft hands, but also of moving well and finding oneself comfortable there.
- Need to be comfortable when playing at the net (only achieved when volleying is a habit in their game)
- Mid court deep or drive volleys as well as close to the net put away volleys are the most common clay court volleys.
- Apart from the regular and jumping smash, the baseline smash is quite common when playing on clay and should also be practiced regularly

# Tactics on Slow courts: Passing the net player

- Patterns:
  - Topspin or flat shots,
  - Deep down the line or short cross court.
  - Against good volleyers: make the volleyer play the volley and they try to pass them with their second shot.
  - Lobs, whether topspin or flat, are also a good tool for passing the net player.

# TACTICS ON FAST COURTS

# Singles Tactics for fast courts

## Mental

- Short-term concentration skills
- Dominate opponent and dictate the points
- Accepting that there are more errors, less rhythm
- Close sets due to less breaks
- Comfort and confidence late in the sets

MacCurdy & Gullickson (2002)



# Singles Tactics for fast courts

## Physical

- Seeing the ball well, fast reaction and response time, good anticipation skills
- Explosive movement and Dynamic balance
- Off-court endurance training since there is less from the tennis itself
- Be totally warmed up to start fast

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# Singles Tactics for fast courts

## Technical

- Great serving. Top servers win over 80%
- Slice serves effective
- Returning – First serve with reasonable consistency and taking advantage of second
- Ability to load quickly and make compact strokes

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# Singles Tactics for fast courts

## Technical

- Ability to play close to the baseline and using opponent's pace effectively
- Ability to limit excessive topspin
- Offensive slice backhand
- Effective volleyers are in their element. Consider the Wimbledon champions over the last 20 years
- Penetrating first volleys, punishing high balls, good touch on low balls, solid overhead.
- Anticipation and specialty shots are essential

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# GROWING UP ON CLAY OR HARD COURTS

# Differences between playing on clay and on fast courts

- New ATP ranking system
- Makes the players to play in all surfaces
- 13 tournaments mandatory for top 50 players:
  - 5 on hard court
  - 4 on clay
  - 2 indoors
  - 1 on grass

MacCurdy & Gullickson (2002)

# Differences between playing on clay and on fast courts

- A player who would like to reach an elite level should be ready to achieve good results on all surfaces
- Difficult for a player to qualify for the Masters playing just on one surface.
- In Spain:
  - Favourite surface (clay)
  - More possibilities on hard courts
  - Difficulties on indoor courts
  - Some coaches say that it is easier to adapt from clay to hard court than viceversa
  - Spaniards adapt well to hard courts with high bounce
  - It is difficult to play well on grass or indoor where the bounce is very low

MacCurdy & Gullickson (2002)

# Differences between playing on clay and on fast courts

- Three main aspects
  - Ball bounce: benefits some grips
  - Movement: possibility of sliding on clay
  - Point duration: different tactics, condition and mentality
- Demands of pro circuit are higher than in any other sport
- Only the great champions are able of adapting to the complexity
- Number 1 players have lots of versatility and talent
- Top players with ambition and sacrifice will be great champions in almost all surfaces

MacCurdy & Gullickson (2002)



# The serve & the return on grass courts

- On fast low-bouncing serves that almost always occur on grass, and fast hard and carpet courts,
- The receiver should concentrate on positioning himself to catch the ball in the ideal strike zone.
- Use a fairly compact swing and concentrate on getting the ball back.
- Examples of players that return exceptionally well in these conditions are Pete Sampras and Venus Williams.



# THE GAME OF LEFT-HANDED PLAYERS

ITF Development Department



# Tactics of Lefties: Introduction

- Playing a left-handed player is less tricky than it was a few years ago.
- Male and female players have all improved dramatically and got rid of the weaknesses that were still noticeable 5 or 6 years ago.
- Today, the best male and female players possess an all-round game and it is virtually impossible to find players handicapped by a fatal flaw among the top 100 men and women.

Pestre (2002)

# Tactics of Lefties: Introduction

- Left-handers have also expanded their repertoire and no longer rely on one or two specific shots as they did in the past.
- Consequently, they play more and more like right-handers with a “big” serve, an effective return of serve, as well as powerful and aggressive groundstrokes.
- This is the reason why the strategy to employ against a left-hander is not that much different today from the one you would use against a right-hander.

Pestre (2002)

# Tactics of Lefties: Introduction

- However, the game of left-handed players has some distinctive features
- The shots of left-handers, their use as well as potential solutions to neutralise or counter them will be covered

Pestre (2002)

# Tactics of Lefties: Serve and Return

## Left-handers tactics

- Angled slice serve on the ad side.
- Bounces right on the backhand forces the right-hander to hit a return from an off-centre position, thus leaving all the court open.
- They can play a lot of “key points” (30-40, 40-30, ads...) by “bombarding” the right-hander’s backhand.
- Surprise his opponent once in a while with a serve on the T, like Mc ENROE used to do, this weapon becomes even more formidable.
- On the deuce side, hit wide serves either flat with a lot of speed or with a lot of “kick”.

## Tactical answer

- A powerful return down the middle or crosscourt which neutralises as much as possible the offensive intentions of the server.
- The right-hander who returns this type of serve should not stand too far behind the baseline because in doing so, he leaves his opponent room for a sharply angled serve.
- When a right-hander serves against a left-hander, he must impose the same treatment as his opponent: angled slice serves alternated with serves right to the forehand.
- On the ad side, he generally has a better kick serve than left-handers and must therefore use it extensively.

Pestre (2002)

# Tactics of Lefties: Baseline Game

- Unlike a few years ago, it is now very uncommon to notice a huge gap between the forehand and the backhand of left-handers.
- However, in women's tennis, the forehand is usually the strength of left-handed players while for right-handed players the two-handed backhand has in many cases supplanted the forehand as the main weapon.

Pestre (2002)

# Tactics of Lefties: Baseline Game

## Left-handers tactics

- The short crosscourt forehand causes a lot of damage to right-handed players, preventing them from constructing the point.
- Right-handers are sometimes forced to retrieve it at full stretch, which limits the power of their shot and leaves room for a decisive attack from the opponent.
- Moreover, the left-handed player, just like the right-hander, is now able to take advantage of the opening with a forcing forehand or backhand, a drop-shot or a volley.

## Tactical answer

- Tip for the right-handers: if you're forced wide on your backhand by a left-hander's forehand, short and angled, the best defensive reply is to play a deep cross-court shot at the lowest speed possible so that you have enough time to recover.
- Make sure however that you do not hit the ball too high over the net to avoid seeing your opponent sneak in. A low-bouncing slice is therefore the best solution.

Pestre (2002)



# Tactics of Lefties: Baseline Game

## Left-handers tactics

- Against a left-handed player who has a big forehand,

## Tactical answer

- Try and force him wide on his forehand before attacking him on his backhand.
- But this means that you need to get involved in a cross-court rally during which your backhand is in opposition to the left-hander's forehand, which might favour him.
- Thus, you need to have a very solid backhand to decide to use this tactical plan. Varying the spin and height of your shots in this cross-court battle can also be rewarding.
- Use your backhand right from the start of the rally, which is often more complicated.
- You can also move the left-handed player out of the court with your own inside-out forehand but in this case the angle found is not as great.

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# Tactics of Lefties: Conclusion

- The game of left-handed players is more and more similar to that of right-handers.
- It is essential not to change your game patterns completely when playing against left-handers; otherwise you might not be able to take advantage of your own weapons anymore.

Pestre (2002)



# WHEELCHAIR TENNIS TACTICS

ITF Development Department



TRENER TENISA B



# Wheelchair Tennis Singles Tactics

- Hitting off the first Bounce
  - Amongst the top players sport is becoming more and more a one bounce game
  - The top players play more than 70% on one bounce.
  - Allows opponent less recovery time.

# Wheelchair Tennis Singles Tactics

- Hitting behind the player
  - An effective tactic is to hit behind the player when they are recovering to the hub.
- Hitting into the players body
- Drop shots
  - Exploits the deep positioning of a player
  - Effective when a player turns away from the court

# Wheelchair Tennis Singles Tactics

- Serve and volley
  - A strategy that is almost non-existent is the serve and volley. A few (1 or 2) players, such as Daniela di Toro from Australia and Robin Ammerlaan, are beginning to use it with great success. The volley is played following an effective serve and a couple of pushes to take time away from the opponent.
  - Players are attacking the net more often with the volley being played in the region of the service line.

# Wheelchair Tennis Doubles Tactics

- Two back approach
  - As in singles, doubles is primarily a baseline game but netplay is increasingly common.
  - Teams are beginning to implement volley tactics and one up one back formations into their approaches.
- One up, one back approach
  - One player will be in constant motion into the net and back .
  - Players will more often come in no closer than the service line area when at the net.

# Vprašanja?