



The Four Pillars



of



Tennis Preparation

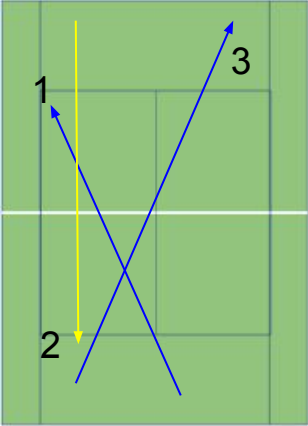


The Four Pillars of Tennis

Go for style!



Make your move.



Enjoy the challenge



Big Guns?



Technical Pillar of Tennis

The technical ability to hit a ball consistently well under pressure, starts with a repeating action that is simple and time efficient.



- Preparation (Early shoulder turn)
- Swing Shape
- Grip (Both hands ready)
- Contact Point (Infront)
- Body Position (Open or Closed)
- Racket Head Speed

Trust in what you have practiced. Don't think about it, just do it!

Tactical Pillar of Tennis

Your tactics do not have to be complicated to be effective, but do need to be based around your strengths to give you greater confidence.



- Strengths & Weaknesses (theirs & yours)
- Observation Skills
- Ball Characteristics (H,D,D,S,S)
- Consistency
- Accuracy
- 3 Ball Set Plays (serve,return,attack)

Base your tactics around your strengths. Technical competence means tactical confidence!

Physical Pillar of Tennis

Tennis incorporates many physical skills that have to be coordinated. Hands, feet and head. Watching the ball from racket to racket is often the hardest one!



- Speed (First 2 steps)
- Strength (Bending & Stopping)
- Suppleness (Reaching)
- Stamina (Patience)
- Balance (Control)
- Nutrition (Health)

Do not expect to control the ball, if you cannot control your body!

Mental Pillar of Tennis

Most matches are won and lost between the ears! The best player does not necessarily always win, but the best competitor often does!



- Self Belief (Confidence)
- Decision Making (Risk)
- Clear & Calm Thoughts (Relax)
- Game Plan (Your Strengths)
- Adaptability (Plan B!)
- Enjoy the Challenge

You will always play better if you are relaxed and ready for a challenge! Always have a plan B.