

TACTICAL/TECHNICAL TOOL KIT



Version 7.5

INSTRUCTOR COURSE RESOURCES

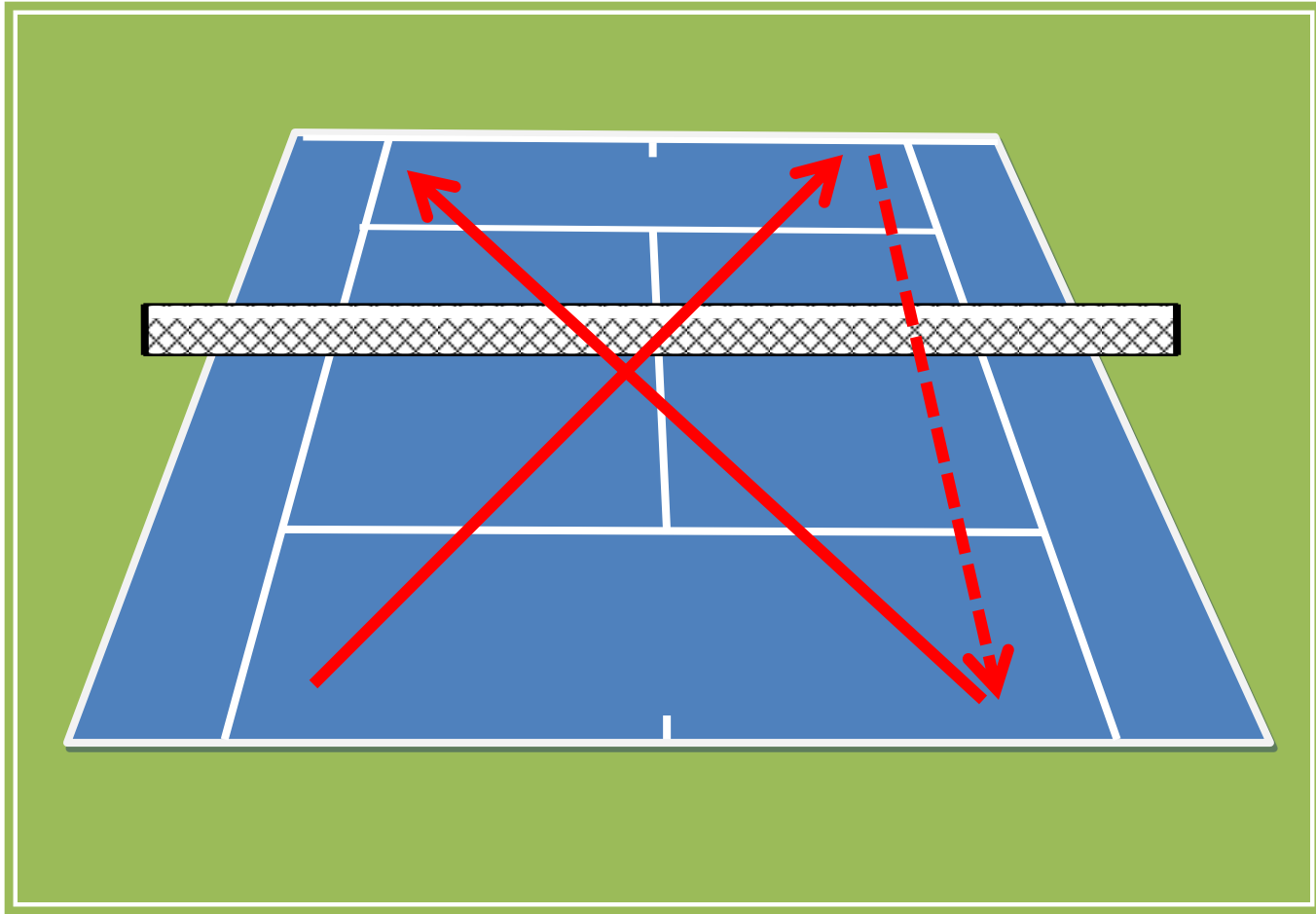
GAME-BASED APPROACH

Playing tennis successfully requires learning **tactics** and **techniques**. Game-based instruction connects tactics to techniques:

“Rather than learning stroke technique first and then how to play later (tactics), they will experience play (tactics) and learn stroke technique to play better.”

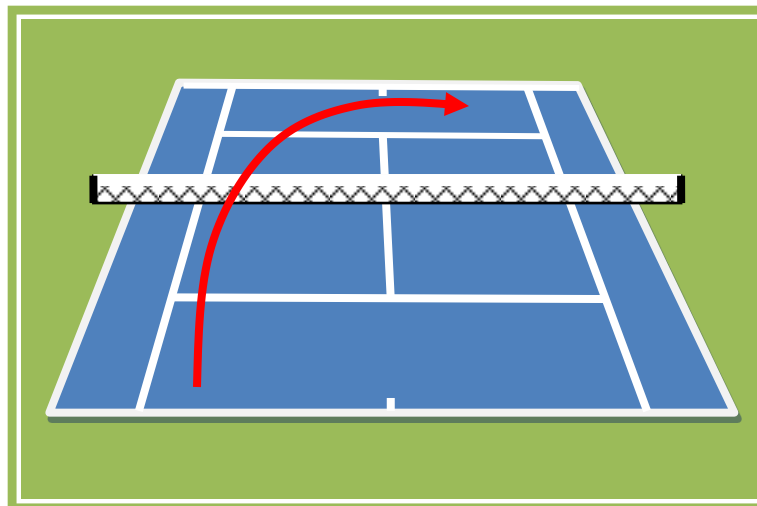


TACTICS



FUNDAMENTAL TACTICS

1. Keep the Ball in Play
2. Place the Ball
 - To open court
 - To a weakness
3. Control Height for Defense
4. Take the Net



TACTICS – PHASES OF PLAY

Players may need to vary what they do in order to balance the right amount of risk on their shots. These “Phases of Play” are also known as “D–N–O theory”.

1. Defense

- ‘Receiving a difficult ball and respond with a low–risk shot’

2. Neutral

- ‘The ball received equals the ball sent (both player and opponent are equal)’

3. Offense

- ‘Receiving an easier shot and responding with a shot that gains the advantage’

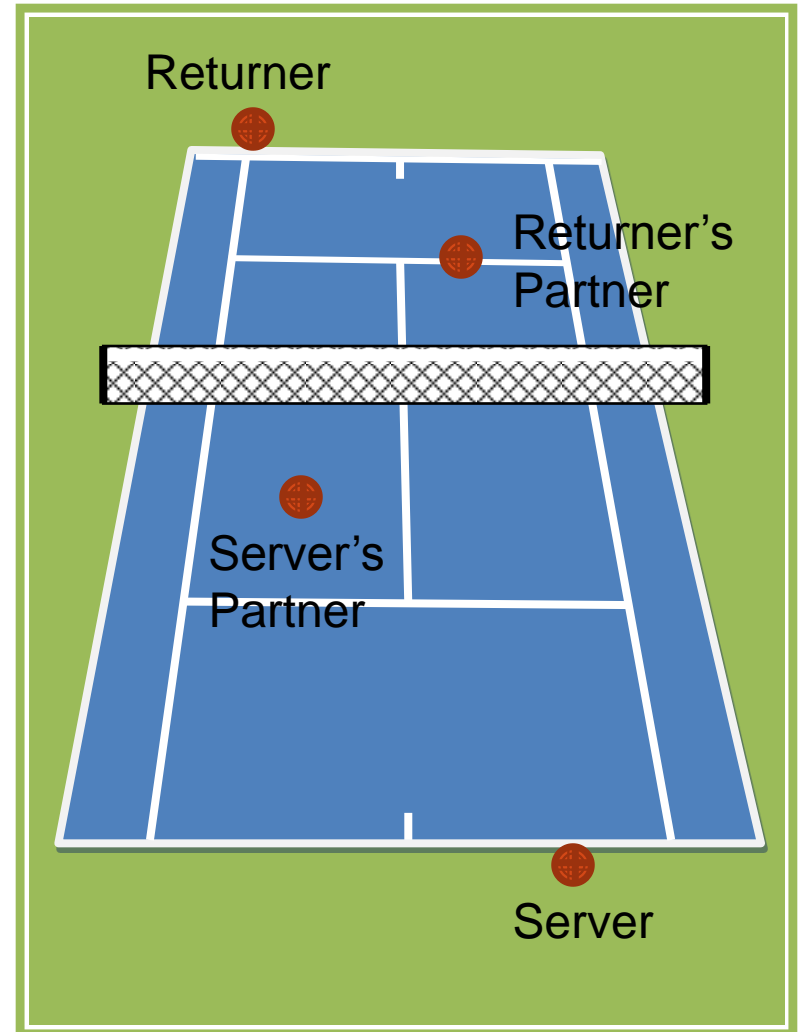
TACTICS – DOUBLES

Positions:

- ▶ Server
- ▶ Server's Partner
- ▶ Returner
- ▶ Returner's Partner

Basic Tactics:

- ▶ Cover court side to side (make a wall)
- ▶ Volley to open court
- ▶ Lob net players



TECHNIQUE



DEFINITION OF TECHNIQUE

In order to perform tactics successfully, technique is required. There is a ‘two-fold’ definition of Technique:

What the *BALL* does

- ▶ The 5 Ball Controls
- ▶ P.A.S. Principles



What the *PLAYER* does

- ▶ 3 Stroke Families
- ▶ Shot Cycle
- ▶ 5 Fundamentals (including footwork)

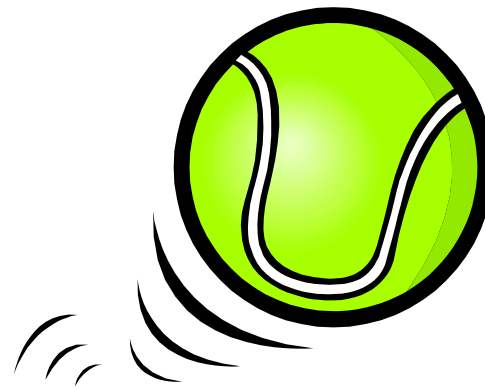


5 BALL CONTROLS

Playing tennis (and executing tactics), requires manipulating the ball in 5 ways:

▶ 5 Ball Controls

- Height
- Direction
- Distance
- Speed
- Spin



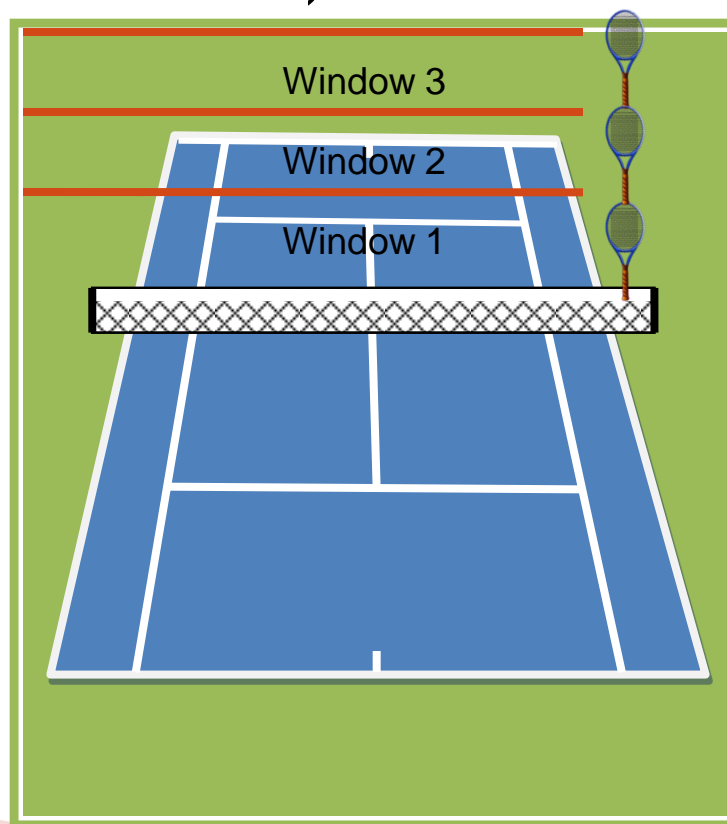
The first 3 are the most relevant for starter players

5 BALL CONTROL S- HEIGHT

Height is typically referenced by how high the ball crosses the net (usually measured in how many 'racquets' over the net)

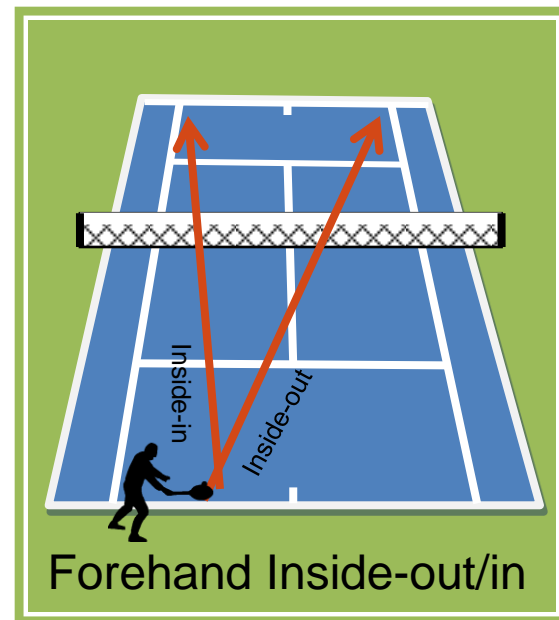
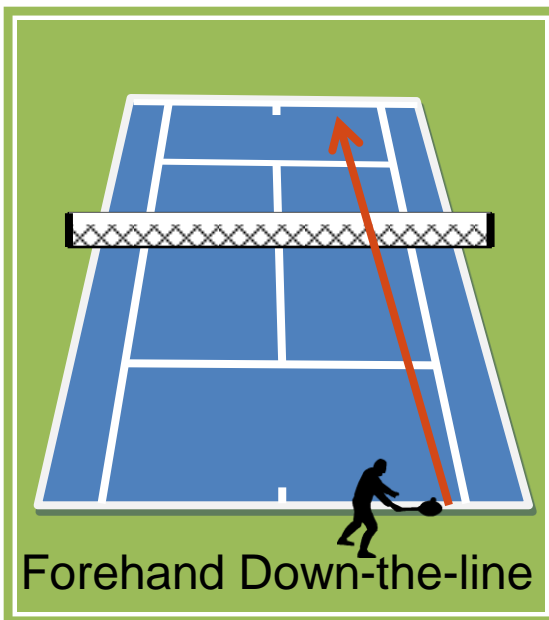
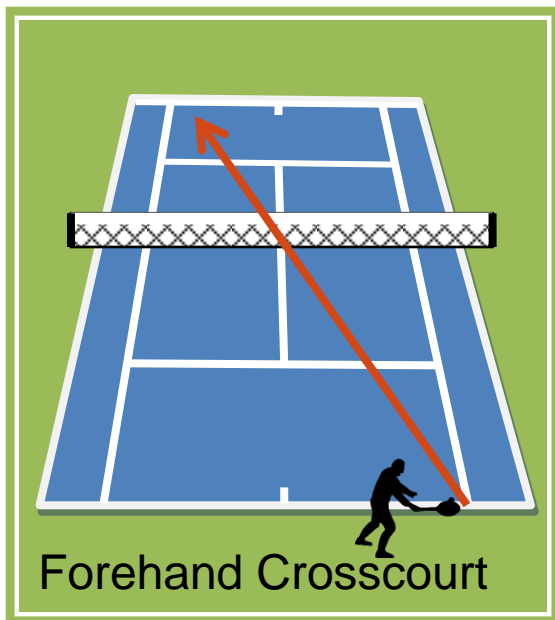
- ▶ **High** (3+ racquets)
- ▶ **Medium** (2 racquets)
- ▶ **Low** (1 racquet)

Each racquet height creates a 'window' the ball can cross through



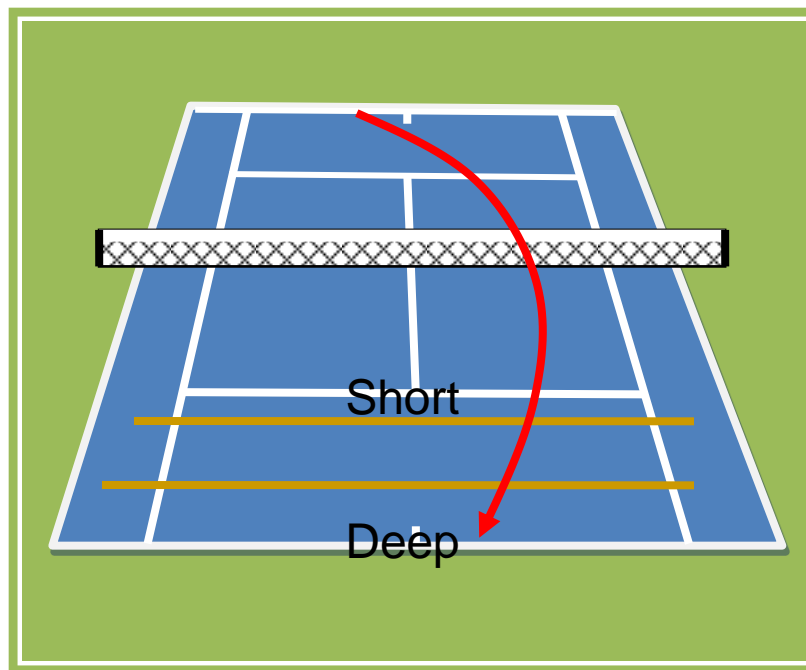
5 BALL CONTROLS – DIRECTION

Direction refers to how much left or right the ball is directed. In tennis, there are specific names for the directions of shots:



5 BALL CONTROLS – DISTANCE

The ball can fly along a shorter or longer trajectory. When related to the baseline, this is called ‘depth’. It is usually measured by placing markers on the court.

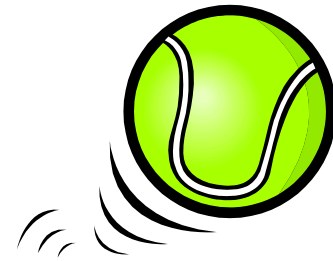


5 BALL CONTROLS – SPEED/SPIN

Speed and Spin are not covered in this course as they are usually reserved for more advanced play

▶ Speed

- Fast (ball moving quickly)
- Medium (ball moving at average speed)
- Slow (ball moving below average speed)



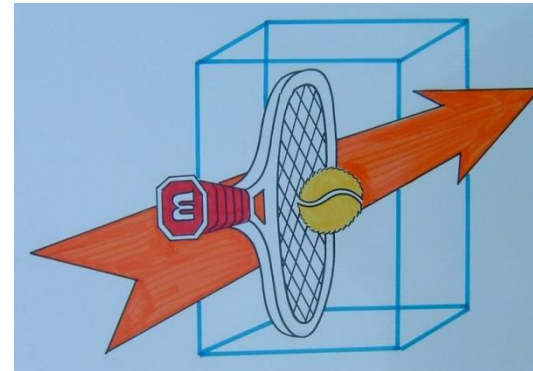
▶ Spin

- Topspin (ball rotating forward)
- Underspin/Backhand Slice (ball rotating backwards)
- Sidespin/Slice Serve (ball rotating sideways)
- Flat (ball with not much rotation)

P.A.S. PRINCIPLES

What the racquet does **at impact** makes every ball control happen. If we imagine a box around the impact, controlling the ball is a 'recipe' of:

- ▶ **P**ath of Racquet
- ▶ **A**ngle of Racquet
- ▶ **S**peed of Racquet



Click this link to access video. If the link is inactive, paste this address on your browser bar.

http://www.youtube.com/instructorcert#p/a/u/2/_QOp2zzv11Y

P.A.S. PRINCIPLES – PATH

“Path” is the direction the racquet travels through the impact and includes:

- ▶ **Low to high** (for lifting or topspin)
- ▶ **High to low** (for underspin or directing downwards)
- ▶ **Level** (for sending a ball straight)
- ▶ **Towards the target** (in contrast to a circular swing path)

P.A.S. PRINCIPLES – ANGLE

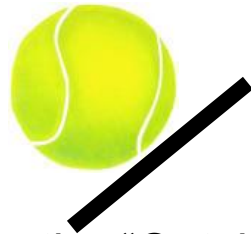
“Angle” is the way the racquet face is directed through the impact and includes:

▶ **Vertical Angle**

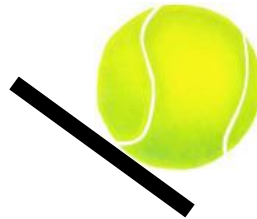
- ‘Open’ to sky (racquet face pointing upwards)
- Vertical (racquet face straight up and down)
- ‘Closed’ (racquet face pointing downward)

▶ **Horizontal Angle**

- Racquet face directed more to right or left. This is often referred to as, hitting a ‘side’ of the ball.



Hitting the “Outside”
of the ball



Hitting the “Inside” of
the ball
(e.g. using ‘inside-out’
forehand)



Hitting the “back” of
the ball

P.A.S. PRINCIPLES – SPEED

“Speed” is how quickly the racquet is travelling through the impact:

- ▶ **Accelerating:** Racquet speeding up through impact (e.g. Attacking shots)
- ▶ **Decelerating:** Racquet slowing down through impact (e.g. Drop shot)
- ▶ **Maintaining Speed:** Racquet keeping a constant speed through impact (e.g. Rally shot)

STROKE FAMILIES

There are 3 'families' of strokes that occur in tennis:

- ▶ **Groundstrokes** (hitting the ball after the bounce)
- ▶ **Volleys** (hitting the ball before the bounce)
- ▶ **Overhead/Serve** (hitting the ball above the head)

The Groundstroke & Volleys families also have a forehand and backhand side

SHOT CYCLE

Every shot in tennis goes through this cycle. For starter players, it is critical to develop reception skills.



RECEPTION

Preparation and footwork that includes all the elements leading up to the impact of the ball



PROJECTION



Racquet work & Bodywork elements required to send the ball as well as position for the next shot (called "Recovery")



5 FUNDAMENTALS

In addition to controlling the ball, the player must move in effective and efficient ways.

Click this link to access video. If the link is inactive, paste this address on your browser bar.

<http://www.youtube.com/instructorcert#p/a/u/0/SvKg-okuk8o>

1. Grip
2. Set-up
3. Impact Point
4. Hitting Zone
5. Recovery



5 FUNDAMENTALS – FOOTWORK

The ‘Set-up’ and ‘Recovery’ elements also include footwork to receive the ball and prepare for the next shot with **balance**.

- ▶ **3 Types of Footwork:**
 - Shuffle = short distances
 - Crossover = medium distances
 - Run = long distances
- ▶ **Stances**



5 FUNDAMENTALS – FOOTWORK

► Stances:

To send the ball, players can use a variety of stances. The Neutral stance is the most recommended for starter players because of the ability to move up and back, adjust for receiving different height balls and easily engage the body. Ultimately, a player must master all the stances.

Photos courtesy TennisOne.com



Open



Semi-Open



Neutral



Semi-Closed



Closed

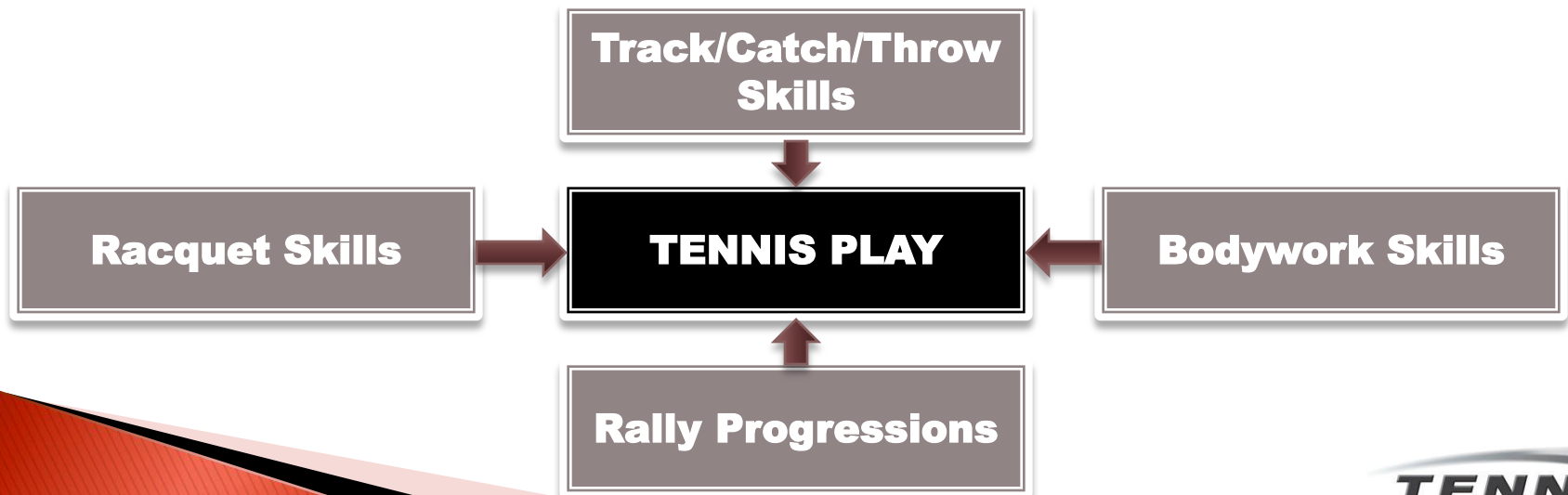
TECHNICAL DEVELOPMENT FOR “PRE-RALLY” PLAYERS

- ▶ Players who cannot immediately play by using Progressive Tennis equipment require 4 ‘Blocks’ of pre-rally skill development.

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<http://www.youtube.com/instructorcert#p/a/u/1/hg9mLboNN0w>

<http://www.youtube.com/instructorcert#p/a/u/0/Mo1VBSAIrWU>



DEMONSTRATING TECHNIQUE

- ▶ Place class in good position to see (never have your back to anyone)
- ▶ Perform the demo from the correct tactical position (e.g. volleys at net, serves at baseline, etc.)
- ▶ Word & Image Together (visual demo with simple verbal keys, no long explanations)
- ▶ One Element at a Time
- ▶ Correct Fundamentals
- ▶ 3–5 Repetitions

