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ULTIMATE TENNIS TIPS

Improve your tennis practice and performance



ABOUT THE ULTIMATE TENNIS TIPS

Either if you are a singles or doubles player, coach or tennis fan, this document will provide you some great insights on how to serve better, perform better on the court and how to prepare your body and mind for every match.

This document is split into 3 main parts:

- I. ULTIMATE TIPS FOR SINGLES PLAYERS**
- II. ULTIMATE TIPS FOR THE DOUBLES PLAYERS**
- III. THE BEST SERVE DRILLS**

As you can notice from the titles, you will find great tennis tips, written in a straightforward manner, so that you can easily use them in your play. Some of them are followed by a visual representation in order to better understand them.

The third part: The Best Serve Drills, offers you four great tennis drills that you can use in your practice to make your serve more consistent, more accurate and gain more confidence during the match.

This being said, **enjoy the tips and have fun on the court!**

I. ULTIMATE TIPS FOR SINGLES PLAYERS

1. Get to the tournament site early - to warm-up and stretch before your opponent shows up.
2. Use the warm-up to study your opponent and see if she/he has any weakness that you can take advantage once the match starts.
3. Get as many of your first serves in as possible. Take some pace off of it if necessary but make sure you mix it up also.
4. Second serve must have spin - I personally recommend slice because it keeps the ball low and it is hard to be attacked by your opponent. The low bounce and spin of the slice serve create enough trouble to keep your opponent honest. Yes, the topspin serve gives you a bigger margin for error but the trouble is that it is easily attacked by your opponent; he/she can hit it down, aggressively. The trick with the top spin serve is that you either have to make it kick very high (above shoulder) or go low over the net.
5. Hit most of your ground-strokes cross-court or to your opponent's weak side.
6. Move up to the net behind a slice ground-strokes down the line or either an aggressive shot to your opponent's weak side or to the open court. All the options will set you up for a comfortable first volley. Hitting right at the opposing baseline player is another option considering that you are reducing his/her angles of return.
7. Hit the first volley to your opponent's weak side or make him/her hit the ball on the run by angling the volley.
8. Once at the net, be patient - prepare yourself to hit at least 2 volley before you go for the winner.
9. Hit your overheads with confidence - let it all out! Regardless of hitting a winner or not, the overhead should be a hard, full power shot (unless you are off balance).
10. Add variety on your ground-strokes and serves (different spins, pace, height over the net) to keep your opponent out of her/his comfort zone.
11. Overall, use your strength against your opponent's weak side.
12. Play fair. At the end of the match, when you go home you should feel good about the way you played regardless of the outcome.

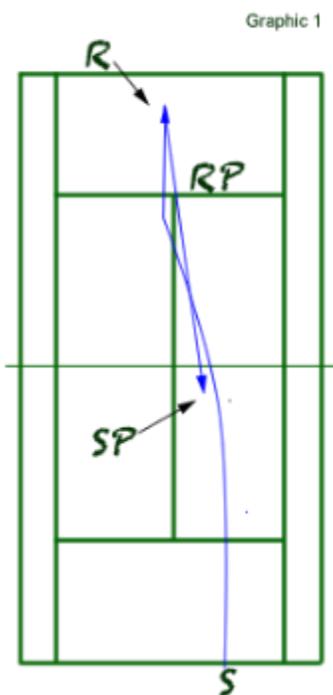
II. ULTIMATE TIPS FOR THE DOUBLES PLAYERS

General

1. Communicate in a positive way with your doubles partner. Say things like "great shot", "good play" and avoid giving advice to him/her during the match.
2. Refrain from showing any negative body language during the match at any time. That is not only destructive for your concentration and overall performance but it affects your partner's mood too. The opposite is true also - keeping a positive attitude helps your partner stay confident and relaxed.

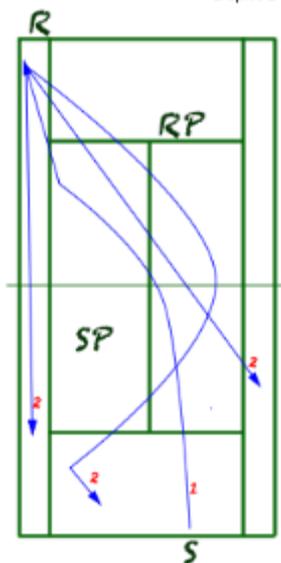
Serve

3. Hit most of your first serves down the T (intersection of service line and center line). In this way you set up your net partner for a poach. (See Graphic 1)



4. Rarely choose to serve wide. This puts your opponents in advantage by giving them too many angles to choose. (See Graphic 2)

Graphic 2

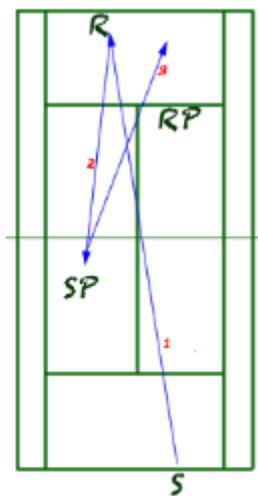


5. Impart side spin on your second serves. Slice serves keep the ball low and force the returner to hit the ball up - your partner at the net will appreciate that. On the other side, hitting kick or top spin serves sets-up the returner for an aggressive return low to your feet.

Return of Serve

6. Return the serve cross-court or lob the opposing net player. If you decide to test the opposing net player then make sure you move quickly to cover an eventual shot in the "gap" (between you and your net partner) return. So take responsibility for your choices. (See Graphic 3)

Graphic 3



Net Play

7. As a returner's partner, position yourself at the service line not only to call the serve out (if it lands beyond the line) but for the following reason:

- just in case your receiving partner cannot return cross-court (away from the opposing net player) you, at the service line, are going to have more time to react if the other net player poaches. The "gap" (between you and your partner) is reduced and, being further away from the net, gives you more time to react to the ball.

8. When at the net, move properly: back up when your partner at the baseline has the ball (open up the court), then move up once the ball crosses over to the opposing baseline player (close the angles).

9. Try to poach even when you know you will not get to the ball. A moving net player is a major distraction for the opponents. Position yourself closer to the net when your partner is about to serve; you will be in a better position to poach the return of serve. Don't worry about the lob when intending to poach; your baseline partner will back you up in this case.

10. When at the net, keep your eyes on the opposing net player, if the ball just passed you. He/she is your biggest "threat". Resist the temptation to look back.

11. As a net player, understand that your partner at the baseline should only get the balls you cannot reach. Be proactive at the net.

12. If both, you and your partner, are at the net and get lobbed, hit your own overheads if you can - call "mine!" If the lob goes over your head, then better let your partner take it considering that she/he will be moving at an angle which allows him/her to see the opponents' move.

13. Move to where the ball is: if the ball is closer to the opponents' side line, move into that direction; if it is closer to the center, get closer to the center line too.

Playing from the Baseline

14. Play inside the baseline; doubles is a game of angles so be ready to cover the short angled balls.

15. Your job at the baseline is to keep the ball away from the opposing net player. Failing to do that means that you will have to cover any shot that comes from him/her.

Formations

16. Be comfortable with the Australian and I - formations. If not, use them in practice until you feel confident with them.

17. Make a good use of the Australian formation by placing your partner on your weak side. That means, if your backhand is your weakness, then, when you serve, ask your partner to position and cover the left side; you will switch to the right as soon as you deliver the serve.

18. Use the both-back formation when either the opposing server is very aggressive and powerful with his/her serve or one of you has a weak serve (especially the second one).

III. THE BEST SERVE DRILLS

- to make your serve more consistent, more accurate and gain more confidence during the match

Drill 1

Place 4 cones (or cans of balls) in the corner of singles side line and service line (wide target); place 4 cones just inside the service line half way between center line and singles side line (into the body); and another 4 cones in the corner of service line and center line (down the T).

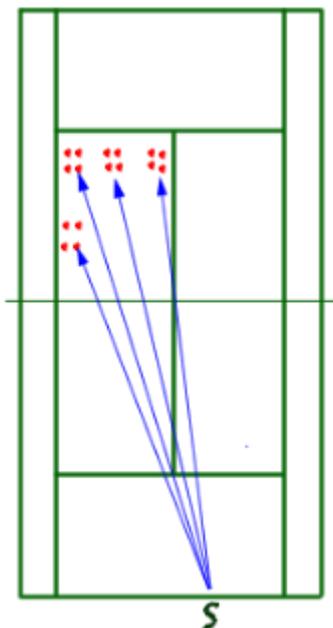
Get ready to serve from the baseline, having the three sets of cones as targets.

Start serving to the "wide target" first. Keep practicing until you knock at least 2 cones down. Only then you should move to the next target, the "into the body" one. Do the same here too - knock at least 2 cones before you move to the last one, the "down the T" one.

If you feel confident, you can place a set of cones just inside the singles side line about 8 feet inside the service line, and practice an "extra wide" serve delivery.

Once you accomplish this on one side, move the targets to the other service box.

Serve Drill 1



Drill 2

Serve one ball in one of the service boxes (you choose the pace - ideally it should be about 60% power). Next, try to serve two balls in a row in the same service box. Then try for three in a row; then four in a row; and so on until you can deliver ten balls in a row in the same service box.

If, at some point you miss, you start from the last number you successfully delivered the ball consistently in (e.g. if you miss while you try to get 5 in a row, you go back and try again for the 5 balls in consecutively).

This drill requires a lot of patience and commitment but it will prepare you for delivering your serve under the match pressure.

Drill 3: How many out of 10?

Choose one of the service boxes and prepare to serve toward it. Your goal is to see how many balls go in out of 10 tries.

Once you complete a set of 10 serves, do another set counting again how many go in out of 10 tries.

Do another set, then compare and see what is the highest number of balls that went in out of 10 serves.

Switch to the other service box and do another 3 sets of 10 serves as before.

This is a great drill to practice concentration and consistency on serve.

Drill 4: My Imaginary Opponent

Play a set against an imaginary opponent. You serve all the time. Position yourself to start the game from the deuce side; you have two tries to hit the serve in. If you hit it in, you get 15-0.

Next, move over to the ad side; you have again, two tries to get the serve in. If you do, you move up - 30-0. Switch again to the deuce side.

Continue alternating side to side having two tries to deliver the ball in the proper service box every time.

Play until you win a game.

BUT... if at any point you commit a double fault (miss both tries), then your imaginary opponent wins the game.

Keep playing until either you or your imaginary opponent wins a set.

Note: This is a great game to practice the serve in a fun and exciting way.

About the Author

Cosmin Miholca is a certified professional tennis coach with over 8 years of teaching experience and over 24 years of playing and competing in tennis. He now wants to share his experience with all the tennis players and coaches who are willing to add a good variety of fun, quality instruction and enjoyment for the sport of tennis.

As a result of his passion for the game and willingness to offer his students an enjoyable way to learn tennis, Cosmin founded WebTennisDrills.com and WebTennis24.com, a very well-known tennis instructional site.

If you have questions or feedback, do not hesitate to visit our sites WebTennisDrills.com and WebTennis24.com and write us at contact@webtennisdrills.com

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