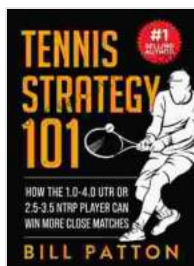


Master The Basics To Win The Close Matches: Tennis Strategy With Brainsports

Tennis is a game of skill and strategy. While natural talent can give you an edge, it's the fundamentals that truly separate the winners from the losers. If you want to consistently win close matches, you need to master the basics. This article will provide you with the essential techniques and strategies you need to improve your footwork, shot selection, and mental game. By following these tips, you'll be well on your way to achieving tennis mastery.



Tennis Strategy 101: Master The Basics To Win The Close Matches (Tennis Strategy with BrainSports.Coach Book 1) by Bill Patton

★★★★☆ 4.3 out of 5

Language	: English
File size	: 5391 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 173 pages
Lending	: Enabled



Footwork

Footwork is the foundation of good tennis. It allows you to move around the court quickly and efficiently, and to get into position to hit the ball with

power and accuracy. There are a few key footwork drills that you can practice to improve your movement on the court. These drills include:

- The shuffle drill: This drill helps you to develop quick side-to-side movement. To perform the drill, stand with your feet shoulder-width apart and your knees slightly bent. Shuffle laterally from side to side, keeping your feet on the ground and your weight balanced. Start slowly and gradually increase your speed as you become more comfortable with the movement.
- The crossover drill: This drill helps you to develop forward and backward movement. To perform the drill, stand with your feet shoulder-width apart and your knees slightly bent. Step forward with your left foot and cross it over your right foot. Then, step back with your right foot and cross it over your left foot. Continue this pattern, alternating feet each time. Start slowly and gradually increase your speed as you become more comfortable with the movement.
- The T-drill: This drill helps you to develop quick changes of direction. To perform the drill, stand in the center of the court with your feet shoulder-width apart. Shuffle to the left and then to the right, touching the baseline with your toes each time. Then, shuffle forward and then backward, touching the service line with your toes each time. Continue this pattern, alternating directions each time. Start slowly and gradually increase your speed as you become more comfortable with the movement.

By practicing these drills regularly, you'll improve your footwork and become a more agile and effective player on the court.

Shot Selection

Shot selection is another key aspect of winning close matches. When you're faced with a difficult shot, it's important to choose the shot that gives you the best chance of winning the point. This means taking into account the following factors:

- Your opponent's position: Where is your opponent standing on the court? Are they close to the net or far back? This will determine the type of shot you should hit.
- The ball's speed and trajectory: How fast is the ball traveling? Is it coming at you high or low? This will determine the type of shot you should hit.
- Your own strengths and weaknesses: What are your strengths and weaknesses as a player? Are you a good volleyer? Do you have a strong forehand? This will determine the type of shot you should hit.

By taking all of these factors into account, you can choose the shot that gives you the best chance of winning the point. Here are a few general tips for shot selection:

- If your opponent is close to the net, hit a deep shot to the back of the court. This will force them to run and give you time to get into position.
- If your opponent is far back, hit a short shot to the open court. This will force them to come forward and give you the opportunity to attack.
- If the ball is coming at you high, hit a topspin shot. This will give the ball more clearance and make it more difficult for your opponent to return.

- If the ball is coming at you low, hit a slice shot. This will give the ball less clearance and make it more difficult for your opponent to attack.

By following these tips, you'll improve your shot selection and become a more effective player on the court.

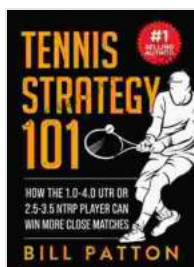
Mental Game

The mental game is just as important as the physical game in tennis. If you want to win close matches, you need to be able to stay focused and mentally tough. Here are a few tips for improving your mental game:

- **Set realistic goals:** Don't try to win every match. Just focus on improving your game one step at a time. As you improve, you'll naturally start to win more matches.
- **Stay positive:** It's easy to get discouraged when you're losing. But it's important to stay positive and keep fighting. The more positive you are, the more likely you are to win.
- **Learn from your mistakes:** Everyone makes mistakes. The important thing is to learn from them and move on. Don't dwell on your mistakes. Instead, focus on what you can do to improve.
- **Visualize success:** Take some time each day to visualize yourself winning matches. This will help you to build confidence and stay focused.

By following these tips, you'll improve your mental game and become a more confident and successful player on the court.

Winning close matches is all about mastering the basics. By improving your footwork, shot selection, and mental game, you'll become a more well-rounded player and you'll be well on your way to achieving tennis mastery. So what are you waiting for? Start practicing today and see how quickly your game improves.



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