

## **Boys tennis – Basic Game Plan**

**Eyes on ball thru point of impact!**

**Racquet makes contact in front of your body whenever possible, with weight moving forward!**

**Footwork: keep them moving, take small adjustment steps to get yourself in position**

**On serve: toss high and in front of you, keep your tossing arm up as long as possible, and think like a pitcher – vary the serve speed, spin and placement**

**Ground strokes: keep them deep with early prep, good footwork, bent knees, and hitting thru the ball all the way – no abbreviated follow thru or early torso release – keep your off hand in front of you until contact on the forehand, bring the butt of the racquet to your hip for two hander and drop the head on backswing**

**Volleys: racquet in front of you! Eyes on ball! Close to the ball – don't let it come to you!**

### **HAVE A PLAN:**

**Singles: deep shots to the corners to open the court up for your forehand winner – on short balls approach up a line or deep down the middle, not crosscourt – play to your strengths against the opponents weaknesses (backhand?)**

**Doubles: use angles to open the court up for volleying to the hole – crosscourt is default target for returns or baseline rallying – lobs are for offense and defense – net man should be constantly moving (faking or poaching) and both partners should make it their goal to take control of the net – move together and TALK to each other!**