

ITF Coaches Education Programme Level 2 Coaching Course



Introduction to tactics for tournament tennis players

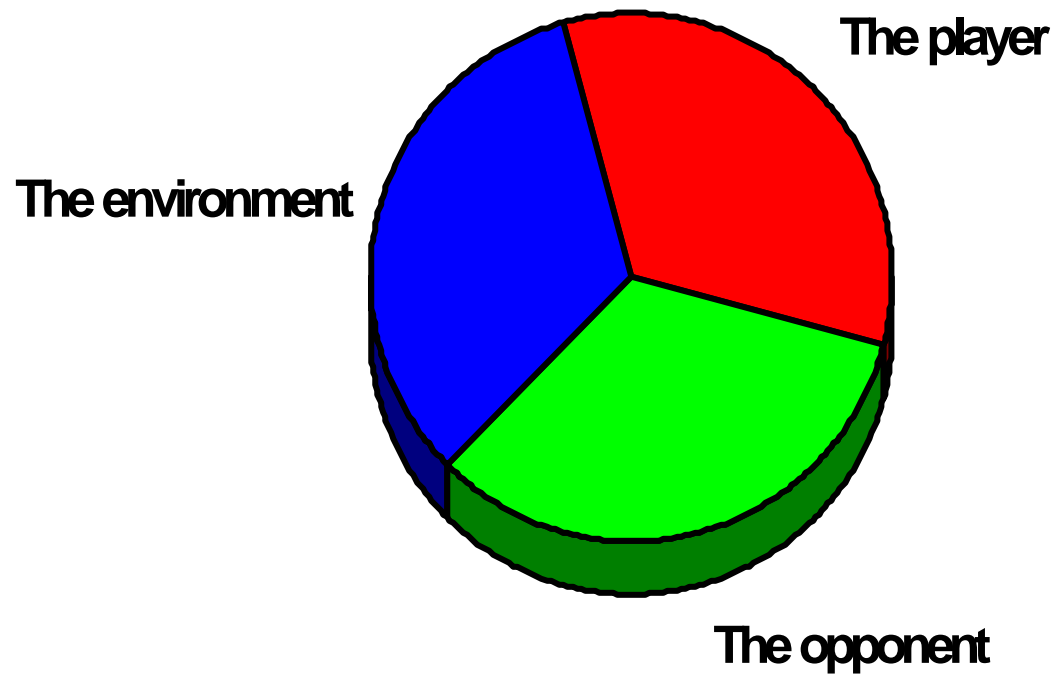


By the end of this session you should be able to:



- understand and explain the factors that influence matchplay
- understand and explain the principles for strategy and tactics in tournament singles play
- understand and explain the game styles characteristics and how to counter

Factors that influence matchplay



The player



- Playing standard
- Tactical understanding
- Technical competence
- Physiological development
- Mental characteristics
- Experience, game-style and training level
- Competition



The opponent

- Same as for the player but also
- Ball trajectory: direction, height, depth, speed and spin
- Shot selection: position of the ball, position of the player and tactical intentions
- Opponent's tactical strengths and weaknesses

The environment



- Court surfaces: slow, medium and fast courts
- Weather conditions: wind, rain, sun and altitude
- Other environmental factors: spectators, umpires, time, psychological considerations, etc.

Principles for strategy and tactics (I)

- Keep the ball in play
- Have a game plan (basic and alternative)
- Use your best weapon (s) whenever possible
- Use your weaker shots to prevent your opponent attacking by hitting deep, taking the pace off, etc.
- Use intelligent shot selection

Principles for strategy and tactics (II)

- Analyse the situation
- Play within your capabilities and possibilities
- Be positive (i.e. controlled aggression)
- Once you decide, commit yourself to the shot.
No second thoughts!
- Play the ball, not your opponent!

Principles for strategy and tactics (III)

- Try to adapt a game style that first of all suits your strengths and then that exploits the opponent's weakness
- Learn to combine power and control during the match
- Use combinations of shots to create openings
- Try to move your opponents and make them run by varying direction, depth, etc.

Principles for strategy and tactics (IV)

- Try to gain and maintain the momentum in the match, in order to dominate the match flow and tempo
- Try to analyse the match during changeovers to decide when to change your tactics
- Try to dominate the point at every opportunity

Game styles



- Net rusher / serve and volleyer
- Aggressive baseliner
- Counter puncher
- All-round player

Candidate's task (I)



STYLE	CHARACTERISTICS	HOW TO COUNTER

Candidate's task (II)



	Counter-punching	Aggressive baseliner	All-court player	Serve and volleyer
Counter-punching				
Aggressive baseliner				
All-court player				
Serve and volleyer				

Questions & answers



- Which is your game style? Why?
- Which game style do you like most? Why?
- Which game style do you like least? Why?
- Which game style do you think should be taught to a player? Why?
- When do you think the game styles should be introduced to players? Why?