

# **ITF Coaches Education Programme Level 2 Coaching Course**



## **Strategy, tactics and technique**



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

- Understand and explain the relationships between strategy, tactics and technique
- Give examples of different strategies, tactics and techniques
- Understand and explain the elements that define tactics in tennis



**STRATEGY**



**TACTICS**



**TECHNIQUE**

**STRATEGY**



**TACTICS**



**TECHNIQUE**

**Attack from baseline**



**Move the opponent**



**Use angled shots**

**STRATEGY**



**TACTICS**



**TECHNIQUE**

**Attack from all court**



**Go to the net**



**?**

**STRATEGY**



**TACTICS**



**TECHNIQUE**

**Counter - Attack**



?



?

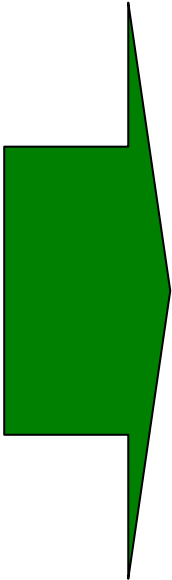
**STRATEGY**

**TACTICS**

**TECHNIQUE**



**Attack  
from  
baseline**



**Move the  
opponent**

**Attack  
weak side**

**Hammering**



**Use angled shots**

**Use depth**

**Combine depth-direction**

**Directly**

**4-1 sequence**

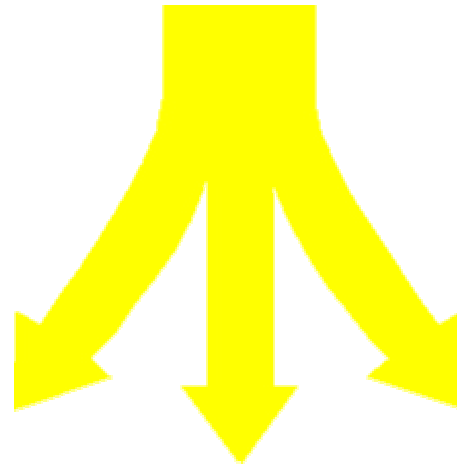
**Using best shot**



**PHYSICAL  
CONDITION**

**TECHNIQUE**

**MENTALITY**



**TACTICS**



# Elements of tactics



- 5 Game situations
- Game styles
- Anticipation
- Patterns

# Types of game situations



- Serve
- Return
- Baseline game
- Approaching or playing at the net
- Playing against the net player

# Game styles



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



# Anticipation

- Prediction
- Sorts:
  - Total
  - Partial
- Types:
  - Perceptual
  - Situational – tactical
  - Situational – geometrical
  - Technical or movement



# Patterns

- Combination of shots
- In all 5 game situations
- Examples:
  - Serve and volley
  - The big X with groundstrokes
  - The 2-ball passing shot