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The International Magazine for PTR Tennis Teachers and Coaches

September 2021





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On the Cover

US Open Finalists (clockwise from top):
Coco Gauff, Leylah Fernandez, Shuai Zhang

Photo Credit
Jimmie48/WTA





Dan Santorum

Dan Santorum
CEO/Executive Director

This year's US Open was different for obvious reasons. The shift from iconic fan favorites (like Williams, Federer, Nadal) to the next generation (Emma, Leylah, Coco, Felix) was evident.

The three women that grace the cover of this TennisPro did exceedingly well at this year's US Open and are all coached by PTR members. Both Corey Gauff (Coco) and Robert Liu (Zhang) are former PTR Coach of the Year winners. Jorge Fernandez (Leylah) recently participated in the PTR/WTA Coach program. We want to give major kudos to the WTA for taking the lead to help tour-level coaches gain more knowledge and certification. This highly-acclaimed program was developed by PTR's Brian Parkkonen, with the assistance of the WTA's Mike Anders and PTR consultant Dr. Anne Pankhurst.

The WTA recently announced their season-ending finals will be in Guadalajara, Mexico in early November. The Tournament Director is a longtime PTR supporter, Gustavo Santoscoy. Gustavo has hosted several PTR Conferences in Guadalajara since the mid '90s, and we hope to partner again with him and the WTA to host a Coaches Conference during the finals.

We met with Gustavo at this year's US Open, and he was telling us about the shift to Racquets in Mexico (His son, Gustavo Jr., is a professional padel player). Pickleball and padel are very popular in Mexico, and we look forward to conducting PSR (Professional Sports Registry) certification workshops in Mexico for tennis, pickleball, and padel.

Speaking of PSR, on October 1st, the list of PSR members will debut with almost 1,000 – "Dual Impact," "Triple Threat," and "4-Star" members. PSR members are those who are certified in two, three, or four sports from a choice of PTR (tennis), PPR (pickleball), PPTR (platform tennis), and the recently launched PCR (padel). PSR will have its own magazine, which will combine the individual magazines, such as TennisPro,

into one quarterly magazine called – PSR Power. Members who are strictly PTR will continue to receive TennisPro six times a year.

With all the new additions, we had to create a new website and database to better serve you. Like most transitions, there have been some delays, so our apologies if you experienced any break in service. We appreciate your patience as we work to make sure the level of service and benefits we provide for you continues to improve.

One of our benefits that remains a focus is enhancing our education. As a leader in tennis coach education, we recently held a Contract Negotiation course and a PTR W workshop in NYC during the US Open. I had the opportunity to attend both of these educational opportunities, and I have to say the courses were impressive. The great news is that we taped these workshops and will make them available on video.

Moving forward, we are excited that PTR will begin face-to-face certification workshops again after an 18-month hiatus due to Covid. While we will continue to offer online certification, which has been well-received - especially for those in more remote locations - we do look forward to getting back to educating our members in person.

In addition to the recent successful PTR Italy Conference organized by PTR Provider and Hall of Fame member, Luciano Botti, plus the upcoming PTR International Conference in Guadalajara, we have two major conferences coming up in the USA.

**Directors Conference, DEC 10 - 11 & PPR Conference DEC 12 in Indian Wells, CA.
PTR Symposium, FEB 8 – 10 & PPR Conference FEB 10 – 11 in Hilton Head, SC**

We look forward to seeing you either in person or virtually so that you can expand your knowledge to benefit your students as you continue to . . . Make a World of Difference.



INTERNATIONAL
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HILTON HEAD ISLAND ♦ FEB 8-10, 2022



• EAST COAST •
**PICKLEBALL
CONFERENCE**

Feb. 10-11, 2022 • Hilton Head Island, SC

Your Serve

Dear PTR,

I have been a PTR Instructor since 1994 and have taught kids from over 40 countries. I am a teaching pro and Director of Community Tennis for Longfellow New Hampshire Tennis and Swim Club in Nashua, NH. I am also the Director of Advantage Kids program out of Laconia, NH and the Director of Tennis for USTA Net Generations Parks Program in Hudson, NH. I was taught personally by the late Founder of the PTR, Dennis Van der Meer. Because of him, I have been honored with the privilege of teaching thousands of kids including my great group of students and counselors. I can never thank the PTR organization and Dennis for how he changed my life forever!

Scott McDougald, USA

Dear PTR,

Always nice to hear from you and thanks for your prompt response. Thanks for the information. Free tickets for Winston Salem is a nice option and the information is appreciated.

PTR continues to impress!

Michelle & Randy, USA

The USTA Southern section hosted a Hispanic Coaches Conference during the US Open Series event – the Truist Atlanta Open.



Allan Jensen, TSR and Hispanic Outreach Coordinator for Southern, organized the event which was attended by coaches from NC, GA, SC, KY and FL. Among the topics were Warm up and Injury Prevention, Business for Different Types of Facilities, Adaptive Tennis, and Changing the Lives of the Kids thru Tennis. The registration fee also included tickets to the Semi-Final matches which the coaches enjoyed.

As of publication, Allan and Julie Jilly are working on a Hispanic Coaches Panel and Meeting at the PTR Intl. Tennis Symposium, Feb. 8-10th on Hilton Head Island. Watch for details.



Propelled into Social Media Stardom at the US Open

A Look at the Numbers

| | Leylah Fernandez | Emma Raducanu |
|--------------------------------------------------------------------------------------------------------------------------|------------------|---------------|
|  Instagram Followers as of 8/24 | 16,393 | 406,079 |
|  Instagram Followers as of 9/12 | 248,999 | 1,405,625 |
| Growth Percentage | 1519% | 346% |

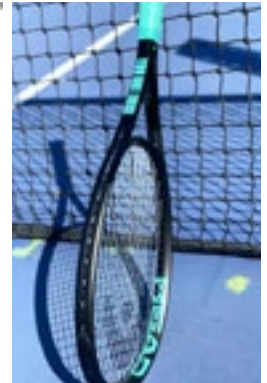
HEAD

HEAD has recently released some exciting prototype teaser racquets into the tennis market.

The new HEAD racquet will inspire confidence, is easy to play for a wide range of players, and it encourages athletes that...“You Got This”.

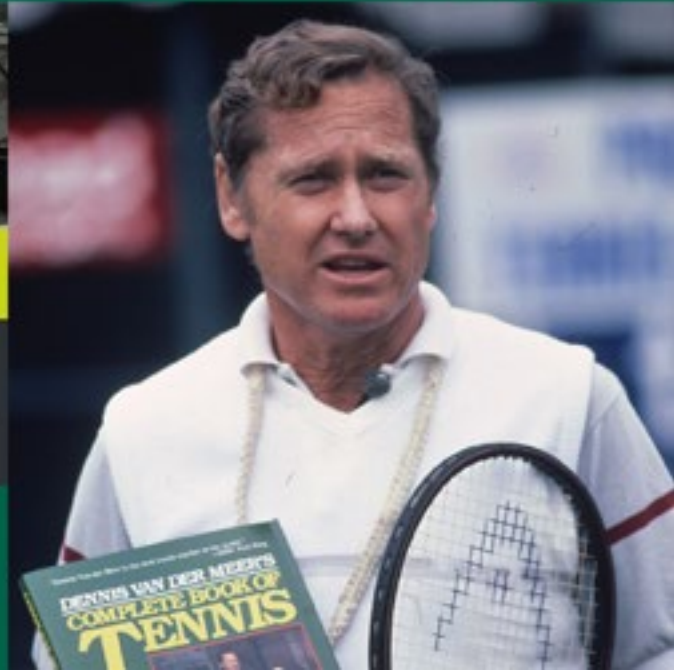
Did you get one? PTR Headquarters has one!

More information will be released late this fall but to stay in-the-know with all of the new racquet updates at head.com.



The University of Redlands has initiated a campaign to honor Coach Jim Verdick – the winningest coach in Bulldog history! The Tennis Campaign will build a new complex in it's historic site and name the new facility after Coach! To make a donation, contact Ericka Smith, Sr. Director of Gifts at Eric-ka_smith@redlands.edu.

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MEMORIES OF DENNIS

From Long-Time PTR Members

Dennis was a genius developing the Standard Teach Method, the Tennis University and the Professional Tennis Registry (PTR). He gave the gift of "tennis" to the world and truly was a "mentor of mentors, coaches, and players". I will always remember his charming personality, his warm smile, his knowledge of tennis and his ability to make everyone in the room "feel special and important". His believe and service to others made all of us better teachers and better people. His legacy is all of us who will continue to do his vision. I have been privileged and honored to call him my true friend. I will miss him but he remains in my thoughts and my heart.

Jean Mills

Charter Member, PTR Past President, Intl. Master Professional

The same year I arrived in the states from Zambia, I decided to make a journey to my first PTR Symposium, driving 32 hours round trip from CT. I arrived at what seemed like a small paradise in Hilton Head that Dennis had built. I reluctantly asked him for a picture not really knowing how special that photo would be. He was walking around the campus more like a manager, paying attention to every detail from his students. Tennis history in the USA can't be written without Dennis. When I heard of Dennis induction, my eyes wouldn't resist to bring tears of joy. He was one heck of a guy who was selfless and looking out for others and making the best out of coaches. Many people wonder how I get so many things done. It's because of people like Dennis, that once upon a time impacted me and they have taught me something. Thank you Dennis for all you have done for tennis and all that has in turn, done for me"

Dalitso "David" Mwanza

Dennis Van Der Meer was a giant in the game of tennis and life, having taught more tennis pros than anyone in the world. Dennis was close friends with both Billie Jean King and Arthur Ashe and together all three impacted my life greatly.

Dennis provided an escape for children in South Africa villages by teaching them the fundamentals of the game... He also saw a need many years ago to certify more Black pros.

Dennis and PTR have always embraced Black pros as part of the PTR family and I personally owe what I am as a tennis professional to Dennis and his wife Pat and the love that they have given me and so many others who try to shine the tennis light in people's lives.

Ernie Quarles

When Pat took the stage during the induction ceremony and accepted the Hall of Fame Award on his behalf, I teared up, I got the chills, I was overcome with joy. The moment was completely magical! I felt so privileged and honored to witness the induction firsthand. Dennis' brilliant legacy and contribution to the game are now enshrined forever in the Hall of Fame Museum. What Dennis did for tennis worldwide is beyond measure. My deepest wish was that this extraordinary recognition could have been granted when Dennis was with us.

Dr. Jim Loehr, PTR Hall of Fame

It was a great honor, a pleasure, and a very emotional experience being in person at the induction of my mentor and friend Dennis Van der Meer to the Tennis Hall of Fame. Dennis helped me so much throughout my career; he was an innovator ahead of his time, and always trying to help me and the other coaches be better. Thank you Dennis, the coach of coaches!

Jorge Andrew, PTR Past President

The Van der Meer Tennis Center staff on Hilton Head Island, SC, in 1986. This was the scene during my first year in the United States, hosted by Dennis and Pat Van der Meer. I'm surrounded by talented tennis pros and managers whose passion for teaching and promoting the game guided them to leadership positions. Several of them have made great contributions to their clubs and governing organizations. Every day was exciting, exhausting and filled with learning opportunities. Dennis' personality and entrepreneurial genius made it all worthwhile and significant. Students came from all over the world to learn with us. We knew we were at the top of the profession, making a difference every day. I got a deeper sense of my role when Dennis started sending me to Europe to teach certification courses and I was welcomed by businessmen, diplomats and celebrities who were fascinated by how easily they could learn and play. In return, I learned from their entrepreneurial mindset and stories of success. My vision of the glass as full and a half started with Dennis Van der Meer's example and it extended way beyond tennis - and it's sustained by my heartfelt gratitude to Dennis."

Carlos Salum, 40-Year Professional

“

It was truly an honor for me to be asked to present Dennis for Induction to the International Tennis Hall of Fame. Dennis was a mentor to so many throughout the world. A true genius who was bet known as "the teacher of teachers." He inspired and encourage everyone to be the best they could be at all they did. Dennis' impact on the world of tennis will live on forever!

Lucy Garvin

PTR Past President

USTA President 2009-2010





INTERNATIONAL TENNIS SYMPOSIUM



HILTON HEAD ISLAND ♦ FEB 8-10, 2022

Join us on beautiful Hilton Head Island at the Sonesta Resort and Van der Meer Shipyard Racquet Club for this year's Intl. Tennis Symposium. We are excited to be back with you for all the education, networking and idea sharing that has become synonymous with the PTR Symposium. **Can't be here in person? Stay tuned for more info on our virtual symposium option!**

Early Registration only

\$347



Great rates at the beautiful Sonesta Resort (\$139 per night) right on the pristine beach and out the side door to the Van der Meer Center. Arrive early to take advantage of Master Classes on February 6 & 7th. Extend your stay to enjoy the PPR Pickleball Conference on February 10 & 11th.

Call to Register

843-785-7244

Getting Comfortable WITH Being Uncomfortable

by Ken DeHart



Ken DeHart, San Jose, California, is a PTR Charter Member, the 8th member of the PTR Hall of Fame and former PTR Executive Director. He is one of the original 8 PTR International Master Professionals, the initial President of the International Master Professionals. He has presented at the Australian Open, Wimbledon and US Open Coaches Conferences on many occasions as well as most all divisions across the USA.

Life is Good . . . except we were never meant to be totally comfortable with where we are in it, whether in relationships, business or sports.

As tennis coaches, we are always trying to make our students comfortable, then uncomfortable. Once a student has mastered a skill, strategy, ritual or tactic in their game, we immediately begin to make them uncomfortable by adding new challenges they have to master. This new challenge will force each student to leave their comfort zone, experience failure, doubt and frustration, to eventually reach a new comfort zone with a higher level of competency.

For example, let's look at the serve.

Using the 5 Tactical Priorities of the Serve, we demonstrate the technique of the serve and teach students how to put the ball in play. We address who would serve, what the serve is, when you serve, where you serve and why we want you to serve like this. Basically, the five questions of journalism.

In Play

We discuss the importance of the serve to start a game. Under our guidance, students learn how to serve and get the ball over the net. Initially this is quite difficult, but gradually they become more comfortable serving the ball over the net. Now we make them uncomfortable by asking them to control the direction of their serve by getting it over the net and into the correct service box.

Direction

First, we offer technical advice for controlling the direction of the serve. We demonstrate, then let them feel what it's like to direct their serve toward a target. We allow them to practice until they feel comfortable serving for direction. Then we move them close to the net so they experience more success. Once students are comfortable there, we make them uncomfortable by moving them farther away from the net. We still ask them to control the direction of their serve, but now they have to hit the target from a greater distance. These gradual steps farther from the net continue until they have progressed back to the baseline or beyond. Students begin to feel comfortable getting the ball in play and controlling the direction of their serve to the service box. So, what do we do now? We make them uncomfortable again by adding the concept of depth to their serve.

Depth

We begin by explaining why depth on the serve is important and how they can develop this skill. It can be deep depth or it could be a shorter depth for tactical reasons. Then we demonstrate how to serve the ball deeper, so our opponents cannot attack our serve easily. We use all our coaching experience to help them hear, see and feel what goes into controlling the depth of a serve. Undoubtedly our students will feel uncomfortable with this new task initially. Slowly, by experimenting and through practice, they will begin to feel more comfortable using depth. As soon as they're comfortable with depth, we make them uncomfortable by asking them to add spin to their serve. They can get their serve in, control direction and depth, but to get to a higher level, they must be able to add spin to their serves.

Spin

There are many types of spin players can use and we select one that seems to fit our student's skill set. As always, we explain why it is important and the benefits of using spin on the serve. We demonstrate what the spin looks like, how it curves the path of the ball and makes it more likely to go into the service box in particular situations. We let them feel how spin is created with the ball on the strings and how they can add more or less spin. We may start them close to the net to more readily experience success. Gradually, we move them farther from the net to see if they can still execute spin on the serve. Now they can get the ball in play, have some directional control, manage depth of the serve and demonstrate the ability to add spin to their serve with some degree of success. Once they have a feel for adding spin, we challenge them to feel uncomfortable again by incorporating speed to their serves.

Speed

Speed doesn't always mean how fast you can make the ball go. There are several speeds you can use based on the tactical situation and pressure you are experiencing. We explain how changing speed is important to becoming a successful server and how it effects the opponent. We demonstrate what different speeds might look like. We ask the stu-

dents to try different speeds on their serve and observe. We ask them to choose a speed they feel would help them experience success based on the other four Tactical Priorities we have been working on in their development. Gradually, the students are able to select the correct speed for a variety of tactical situations. They are now comfortable getting the ball in play with direction, depth, spin and speed. They are on their way to becoming tennis players! Awesome! Time to make our students uncomfortable again by challenging them to mix the five tactical skills.

Tactical Mix

Now we ask players to use their tactical skill set to select the best response to each situation their opponent throws at them. Depending on the tactical challenges their opponents are using, students must demonstrate the best combination of tactical skills to use in response. Players need to decide on three tactical mixes to have available going into a match. It helps if they have some knowledge of what type of player they're going to face. Does the opponent have tactical adjustments they're capable of making during a match? Your players are going to determine at what point in a match they need to change the number of shots, the direction of their shots, the depth of their shots, the spin to use, and the speed they need to be successful. Once your players demonstrate comfort in their skills, and know when and how to mix their tactical set, it's time to make them uncomfortable again by having them play higher level opponents and events.

We all know this is how we help our students become better players and reach the highest level they can. Players who are willing to be uncomfortable will continue to grow. In other words, our students will never be comfortable, because as soon as they are, we will challenge them to reach a new level of comfort. That is our job as coaches.

The process is the same for tennis players as it is for life.

And, is this not the same path we experience in our coaching journey?

Each of us began our coaching careers just trying to get the lesson across to our students. We were nervous, unsure and uncomfortable in the early lessons we conducted.

In Play

Once we saw our students have some success, we began to feel more confident that our teaching was working. Students trusted what we were telling them, and as they got better, so did we. We started trusting ourselves, but we needed more.

Direction

We needed direction. We needed to learn more so we could provide more useful information to our students. We picked the minds of more seasoned pros. We incorporated what we knew with what they were suggesting. We were excited, but uncomfortable with how to present this new mixture of knowledge to our students. Gradually, delivering the new information along with what we already knew became comfortable.

Depth

It was time to get uncomfortable again. We needed more depth of knowledge to give better lessons, handle more experienced students, and to show our tennis directors that we were learning and becoming more

valuable to the teaching staff. We needed to expand our horizons beyond the limits of our comfort zone in the club. So we went to conferences and asked our peers and presenters questions about how they handled certain situations. We were excited about what we learned at the seminars, but were still unsure how or when to insert parts of the information into our daily lessons. We needed to learn more, read more, experiment more, and get uncomfortable, so we could improve our teaching until it became comfortable.

Spin

We needed to figure out how to spin what we were learning. And spin it in a way that our students could understand based on their individual level and learning style. If we had been teaching the same students for a long time, we had to incorporate the information in a new way. We wanted our students to feel we were helping them grow by elevating our coaching. We had to become comfortable with when and how we'd spin information to each student.

Speed

Now coaches needed to be quicker analyzing what we observed. We needed to decide what information to give to each student based on their individual learning style, skill set or goals for tennis. Students were similar, yet so different, and we needed to be quicker in determining the best

approach to take with each to be the best coach we could be for them. At the same time we needed to know when to slow down. We needed to allow students enough time to process information before jumping too quickly to add more before they were comfortable about how and when to use it. Sometimes we had to slow down and review before speeding up to the next step.

Tactical Mix

Along our coaching journey, we acquired new skills and discovered innovative teaching methods. We learned how to deliver information to specific students and understand how they preferred to receive it. We had to learn how to spin the knowledge in a way that was beneficial to each student. We had to do it quickly and be able to change the message, the delivery of the message, or to find a new way to get the message across. We had to know when to slow down and review tactical skills. We had to be comfortable not going too fast. Each student became a new tactical situation and each time they became comfortable with the message, we had to be comfortable making them uncomfortable in order to grow their game.

When coaches and players become too comfortable, we find ways to make our relationship uncomfortable to be of value to the students and to create a growing experience for all of us.

Member News



NEW POSITIONS



Trevor Scott of Herndon, VA has accepted the position of Director of Tennis at Spring Lake Racquet Club on Hilton Head Island. Trevor is a PTR Professional and a Level 3 Performance Specialist. He is also PPR Pickleball Certified. Trevor he replaces 40-year PTR Pro, Keith Ferda who is retiring.



Gavin Leon recently accepted the position of Director of Racquets at Baltimore Country Club where he is passionately promoting the games of Tennis, Paddle, Squash and Pickleball. Gavin is a Triple Threat Professional – certified as a Professional in PTR (tennis), PPR (pickleball) and PPTR (platform tennis).

Dominic Arbie took the position of Junior Coordinator at ACC. Formerly the Junior Director at Concourse Athletic Club as well.

Devin Crozter has been named Tennis Service Rep (TSR) for Tennessee. Devin is a PTR pro and holds certifications as a tennis performance trainer (TPT) with the ITPA and is recognized as a high-performance coach by the USTA. The USTA Southern section has 11 TSR's who provide direct support to park and rec departments, clubs, facilities, schools and tennis professionals who facilitate programs at the local level. Be sure to get to know your TSR to see how they can help YOU!



Dan McCain recently took a new position as the Director of Tennis at the Cape Henry Racquet Club in Virginia Beach, VA. Cape Henry is owned by PTR's **Darryl Cummings**, who also served as the Old Dominion University Head Coach for 25 years.

Prior to this, Dan served as an Academy Director and Club Director 12 years, a PTR Tester / Clinician for the last 7 years, and was awarded the 2012 USTA Virginia

Teaching Pro of the Year award, the 2013 PTR Mid-Atlantic Teaching Pro of the year award, the 2014 PTR Virginia member of the year award, & the 2019 USPTA Mid-Atlantic Teaching Pro of the Year award.



Kent is a charter member of both PTR and PPR. There are only 10 charter dual (PTR & PPR) members.

Dave Hayden Allegheny College' new head coach of the men's and women's tennis programs. Hayden spent the last six seasons as the head coach of the men's and women's tennis programs at nearby Westminster another NCAA Division III. At Westminster, Hayden led the Titan women to a pair of NCAA Division III Championship appearances while capturing the Presidents' Athletic Conference (PAC) title twice. He was also named the PAC Women's Coach of the Year in 2016 and 2020. In six seasons, Hayden mentored over 40 All-PAC honorees. In addition to his coaching duties, Hayden served as a NCAA Division III Men's Tennis national committee member.

NOTABLE



Game, Set, Match for PTR Pros, **Kalindi Dinoffer and Josh Warren**. The two met at the PTR Intl. Symposium 3 years ago when they were both on the Speaker Panel Having lots in common with their desires to share holistic training practices to enhance tennis performance, the two have been inseparable since then. Josh & Kalindi will be married in Oct. of 2022.

Scott Frey, 35-year PTR Professional from Gainesville Florida, recently took under the task of rescuing a forgotten clay court in Franklin, North Carolina. The court at Turkey Pen Racket Club had been abandoned for five years. Through hard work and with the help of his wife Robin, Scott brought the court back to life for the community of Macon County. The Har-Tru clay court is the only clay court in 35 miles to play on. Several kids camps and a recent exhibition doubles match have already been underway.

Check out the amazing transformation of this court with Scott's Labor of Love – Click [HERE](#).



Gary Caron, from Ontario, was awarded the Service to the Game Excellence Award from TPA (Tennis Pros Association of Tennis Canada). Gary is the Director of Athletics at the Granite Club in Toronto. Gary has been instrumental in improving the Tennis Canada club professional certification program while facilitating courses and TPA seminars. He has been a key member of the TPA Advisory Committee since its inception in 2004.



Three PTR pros were on Team USA at the Paralympics in Tokyo. **Emmy Kaiser**, of Kentucky and **Shelby Baron**, PTR Instructor who is now coaching at University of Alabama will both be competing for Team USA Women. **Bryan Barten**, who is currently coaching at the University of Arizona competed in the Quad field. PTR Pros, **Jason Allen** and **Paul Walker** travelled with Team USA as coaches.



PTR Professional, **John Moyer** has completed the training to achieve the PTR Master of Tennis designation in Adult Development. There are less than 150 professionals in the world who have achieved the Master of Tennis. This extensive training led by Dr. Anne Pankhurst concludes after a minimum 18 months of practical study.

John is the Director of Racquet Sports at Allegheny Country Club in Pittsburgh where he leads Tennis, Platform Tennis and Pickleball club programs. John is one of less than 75 pros in the country labeled as a Triple Threat --- completing his professional certification in all 3 racquet sports with PTR – Tennis, PPR - Pickleball and PPTR – Platform Tennis.

PTR member, **Maria Fernanda Alves** (Nanda Alves) of Barry University, received the ITA Assistant Coach of the Year award.

Lisa Pugliese-LaCroix, a PTR pro and the founder of Love Serving Autism, organized a 2 hr adaptive tennis training at BallenIsles Country Club in Palm Beach Gardens, FL on Saturday, September 11. She was assisted by PTR certified pros **Kim Delfino** and **Kyle LaCroix**.



Lisa is a speech-language pathologist who uses her tennis to reach her students and improve their quality of life. She serves on the National Adaptive Committee, serves as a Special Olympics Coach, and also as an Autism Advocacy Ambassador. Hats off to Lisa Pugliese-LaCroix who truly ... Makes a World of Difference.



Thanks to PTR Pros and Couples Swept Away Resort - the children of rural Negril, Jamaica are receiving tablets and ipads to continue their school work even when schools are virtual.

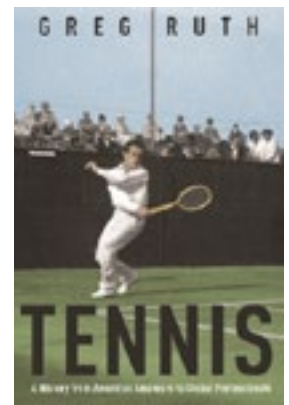


Syrika Grizzle of Swept Away started an Electronics Drive and the Visiting Pros from PTR stepped up to the plate. **Chris Ancrum** was the first pro to contact all his friends and collect numerous tablets that weren't being used. Now they are a vital item for these Jamaican students. Syrika is shown here awarding one of the hard working students with their "new" tablet! PTR Pros continue to Make a World of Difference!

PTR PUBLISHERS

Thomas Daniels, PTR Instructor for over 30 years, has been living and working in Japan, has authored an ebook – **In Your Face Tennis**. His short tennis ebook is on how to become a warrior in tennis – learning to take your present mental game to the next level.

PTR Professional, **Greg Ruth's** first book, **"Tennis: A History from American Amateurs to Global Professionals,"** was published by University of Illinois Press. Comprehensive and engaging, Tennis tells the interlocking stories of the figures and factors that birthed the professional game. "This book is for tennis pros, serious amateurs, hackers, lovers of the game, and anyone interested in sport history. Greg Ruth shows us how tennis evolved from England's royal court to L.A.'s public courts to the U.S. Open's billionaire courts.





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USING GAMES TO KEEP PRACTICE
FRESH & FUN

by Mitch Case

Game Point – The Pressure is ON!

A few years ago, David Marshall and I developed a couple of games (Level Up, and Pressure Cooker - in TennisPro magazine Jan/Feb 2020) as a way for our teams to practice with the pressure of stringing multiple points together. Since then, we've continued to design other drills/games that factor in elements of match play pressure.

"Game Point" is less of a stand alone game, and more of a modifier for regular match/point play. The goal of the activity is to increase the frequency of pressure points. Here's how it works.



Before matches are started, the coach determines which player/team gets the game point opportunity (server(s), returner(s), or both - a sudden death point). During play, the coach calls out "game point" at random, and the next point played, regardless of score, is a chance to win the game. If the player with the game point does not convert, play continues with the current score.

TIPS

At our club, we usually do 3 rounds of this game. 1 round for the servers, 1 round for the returners, and 1 round of sudden death.

We also tend to use music as the way to choose the timing for game point opportunities - game point is called whenever the music stops.

Sometimes, "game point" will be the first or second point of a game - when a player converts, we often let the server start another service game, so that serve and return volume are relatively consistent.



Mitch is the Director of Tennis at Woodridge Lake in Goshen, CT. Mitch wears many hats as he is also a Staff Pro at Farmington Valley Racquet Club; Head Coach of the Northwestern Regional 7 High School Boys Tennis Team; a Coach Developer for the PTR; a certification tester for the USRSA; and a member of Tennis Magazine's Playtester Panel.

Mitch achieved his Master of Tennis in Junior Development from the PTR in 2020, and is a certified iTPA Tennis Performance Trainer and Kovacs Institute certified Tennis Serve Specialist.





REPEATABLE *Patterns*

by Alex Bancila

One of the definitions of madness is doing the same thing over and over again and expect different results. In order to avoid falling prey to this dangerous trap, you need to be self-aware every time you step on the court. Self-awareness determines your limits as a player, which in turn determines your shot selection which in turn determines your winning, repeatable patterns. This sentence is loaded with fancy terms so let's go over them one by one.

Within the confines of the tennis court, self-awareness is the filter that establishes your limits as a player

Those limits are determined by what you can and cannot do on the court, the shots that you have or do not have in your arsenal.

Self-awareness is one of the key differentiators among levels of players

All great players have it, some good players have it, but none of the average players has it – they think they have it but they do not. The good news is that self-awareness is something that you can work at and develop over time. Just like with everything else however, it takes time and willingness to practice it. It is all up to you.

Shot selection is the automatic thought process that determines the shots that you should and should not hit throughout the course of a given point. It is an automatic process for those players who have practiced it enough. For the rest, shot selection does not exist or, if it does, it is not a process, it is a crapshoot.

Now that we know all this, let's see if what we said at the beginning makes more sense. Self-awareness leads to knowing your limits as a player which in turn leads to the proper shot selection which in turn leads to repeatable winning patterns.

Self-awareness leads to knowing your limits as a player which in turn leads to the proper shot selection which in turn leads to repeatable winning patterns.

Do not despair: every player has his/her own limits- Federer, Nadal, Djokovic, etc. Let's have some examples from tennis: how many times have you seen Federer engage in a backhand crosscourt rally with Nadal or Djokovic!? How many times have you seen Djokovic serve and volley!? How many times have you seen Nadal hit a backhand when he can run around it and hit a forehand!?

The answer to all these questions is: not very often.

The reason is because all these great players know their limits and look to hit only shots that give them the highest possible odds for success. That's called a winning pattern. The goal is to have, rely, and engage in winning, repeatable patterns on every single point - many players are able to do that. The ultimate goal is to have repeatable patterns under pressure – very few players ever achieve that, usually only the best ones. By relying on repeatable winning patterns, you increase your odds of winning points.

Let's not forget that points win us games, sets, and matches. To do that, you must be aware whether you have a certain shot or not. Making a

shot two out of ten times means you do not have that shot. Making it five out of ten times also means you do not have it, because it gives you the same odds as flipping a coin. Having a certain shot means you can make it at will, at least eight out of ten times. This is a thought process

By relying on repeatable winning patterns, you increase your odds of winning points.

that must take place automatically. Because of it, players who have self-awareness can recognize mistakes and correct them for the future. For players who lack self-awareness, this process does not take place and consequently mistakes are not recognized. Something that is not recognized cannot be corrected. Repeated mistakes that are not recognized and are made repeatedly are called losing patterns. Not recognizing losing patterns and continuing to engage in them is the number one reason why some players have been making the same mistakes for years. Those players keep engaging repeatedly in losing patterns which, unfortunately, are repeatable to a bigger extent than winning ones. That's because losing patterns creep in into our games very easily and are extremely difficult to get rid of. It's the exact opposite for winning patterns. Similar to how it is with working out: it's difficult and it takes time to establish good habits and get in shape but it doesn't take very long to get out of shape once you develop bad habits. Of course, everyone reading this will think this does not apply to them. It does to most of us.

The best advice I can give new players or club players is to try to hit a myriad of different shots while practicing. Yes, that's right, hit every shot that you can think of. This will determine your level of self-awareness. If you have self-awareness, you will figure out very quickly which shots you have and do not have, which shots you made because you have them and which went in just because you got lucky. You will become aware of your limits as a player as it pertains to those shots. This will further result in your becoming more selective with your shots and – hopefully – stop going for the ones you do not have. Your increased self-awareness of your limits as a player will significantly improve your shot selection. All that in turn will lead to establishing and relying on your winning patterns. Use this progression for every shot and your game will improve. If you have been missing the same shots the same way for years, you owe it to yourself to change your mindset and try a different approach before you step on the court next time. You never know, it might just work.

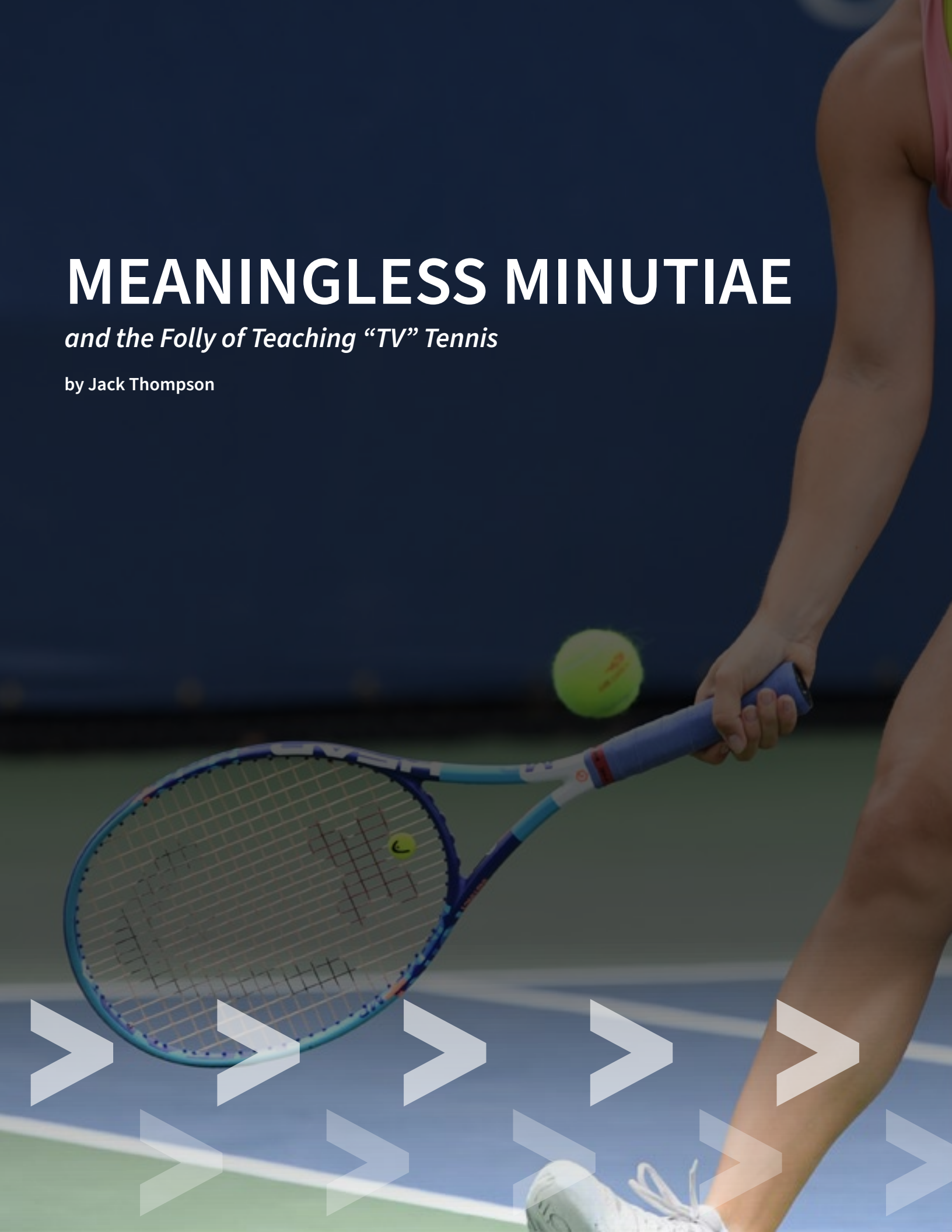


Alex Bancila is the President and CEO of Viking Athletics and the Director of Racquet Sports at the Kirtland Country Club in Willoughby, OH. He has been ranked second in the nation with two different partners and has either won or been a finalist at all major tournaments on the APTA calendar, including the National Championships. He is a PTR and PPTR Professional. You can find him on Twitter at @TheAlexBancila.

MEANINGLESS MINUTIAE

and the Folly of Teaching “TV” Tennis

by Jack Thompson



"We've never been in an era where the gap between what the pros do and what you can learn from them is so wide. I don't want to teach people to hit esoteric shots with complicated grips that drastically limit their games. I think it is absurd for a kid or adult to try to hit their forehand like Andy Roddick. I cringe when I see pros telling their students to keep ripping the ball and saying, 'In time it will go in!' Well, guess what? It won't.

Seventeen years have passed since Sandy Mayer made this statement, yet his words still ring true today! Everywhere I go, I see pros trying to teach juniors like little tour players. Rather than focusing on teaching the fundamentals of stroke production -- many choose to teach signature "styles" (example: the Rafael Nadal forehand drive with follow through finishing on the same side of body behind the head; "load and explode" on all groundstrokes regardless of a kid's athleticism or lack thereof).

I call this practice "teaching tv tennis". Another very closely related practice is where pros teach "meaningless minutiae". This involves coaching or focusing on a part of a stroke which has little or no effect on the success of the stroke being taught.

While most teaching professionals who do this aren't certified, I have seen cases where some certified professionals fall into this trap. Here is a list of practices which characterize "tv tennis" and "meaningless minutiae":

Placing too much emphasis on heavy topspin.

Teaching topspin is fine of course. The problem I'm seeing, however, is overstressing topspin and teaching it to the exclusion of all the other shots. Slices and flat shots need to be taught along with topspin groundstrokes. In addition, any junior that is capable of learning spins needs to work on keeping drives consistently deep (about half way between the service line and baseline! Hitting the ball deep, incidentally, is far easier to learn and execute if the student uses a flatter shot. I see far too many juniors believing the only way to play is by standing 10 feet behind the baseline and whalloping the ball with heavy topspin.

Teaching - or placing emphasis on the semi-western forehand follow through.

I've actually seen a few pros using the following exercise in order to create the right swing path and follow through for semi-western and western forehand drives: the pro has their student(s) stand sideways to the net, starting with the bottom edge of the racquet touching the ground behind them. On command, the student drops a ball from their non dominant hand and hits it while following through with the top edge of the racquet touching the ground to their left side (right handed player). This is a useless teaching technique. First, the player swings from right to left almost parallel to the net which is clearly the wrong swing path and secondly, the follow through occurs too early and finishes incorrectly! The real message that should be taught is that following contact, the racquet face which should be 90 degrees to the court surface i.e., vertical, continues forward and out as long as possible toward the intended target and ONLY at the last possible instant should the racquet face and arm rotate over. In other terms, the grip determines the follow through. If, however, the follow through is wrong, (example: having a semi-western follow through with an eastern grip), it should be corrected.

Spending long hours on teaching the swinging volley.

Many would disagree with me, but in my opinion this is a big mistake! The soundest way to develop top notch net skills is to teach the classic or block volley and all of its variants (e.g., angled volley, drop volley, lob volley etc.) Only after mastery of these volleys should any time be spent on the swing volley. My observations with those who spend excess training time on the swing volley is:

- ◆ They miss (a lot of times wildly) as many swing volleys as they make.
- ◆ They fail to hit it well enough to end the point. In too many cases I see their opponent reaching the shot - the bounce of the ball is almost always waist high - and the volleyer is passed or lobbed.
- ◆ Those students who overpractice/overuse the swing volley almost always lack consistency in hitting the block or punch volley.

Excess emphasis on leg drive on the service.

Everywhere I go, I see pros spending a lot of time on what the legs are doing during the service. The vast majority of coaches teach a pinpoint stance (where during the toss, the student slides their back foot up to the front foot and following contact they land on the left foot (right handed server)). As they slide the foot up the advice is to flex both knees and leap upward as they swing at the ball. So is this right or wrong? It's really a yes and no answer. It's fine for skilled players but clearly wrong for beginners and any player who has difficulty with their balance/coordination/timing. In 1995, Dr. Bruce Elliott and others², conducted a study at the University of Western Australia in which they identified the relative contribution of the various body parts to service power. The least important body segment were the trunk and legs which only accounted for just 9.7% of total power. The most influential body part/motion was internal shoulder rotation (54%). In a presentation at the PTR International Tennis Symposium (2015), Dr. Paul Roetert related that service studies have shown that no one method of moving (or not moving) the back foot prior to ball contact yielded an advantage over another. So what is the right coaching advice here? Very simple: the student adopts whatever works best for them. The most crucial thing for the student is that they demonstrate good balance and weight transfer during the swing.

Over emphasis on fast racquet head speed with quick start students.

I see this all the time -- pro's yelling "swing faster, more spin!". Again, this is a yes and no tip. At any given point of development a student should only swing as fast to gain maximum ball control. Excess swing speed results in loss of body control and more errors. The belief that sooner or later the student will gain control (by swinging harder) isn't supported by science. The tenet of the speed to error ratio in motor learning clearly refutes this concept -- it states: as swing speed (in any sport) increases, so do errors. Having beginning students swinging too slowly is better than having them swing too fast.

Teaching the “tweener”.

So many kids want to learn this shot because they see the pros using it. It's a low percentage shot which, even if executed, rarely wins points. The far better method of running down a lob is to run to one side of the ball or the other and to return the lob with a lob. ALWAYS use high percentage shots over low percentage ones!

Teaching to use only drives when attacking short balls/shots.

Again, quite a common coaching mistake. From an early age, children need to understand that short landing shots can be handled 3 different ways in order to maintain control of the point (or as a means of ending it). The player receiving the short shot can:

- ◆ a) hit a drop shot
- ◆ b) hit a slice approach shot in the hope to put away a subsequent shot or
- ◆ c) hit for the winner. To only use option c severely limits a player and makes him/her very predictable.

Overemphasis on “open stance” drives.

There are certain times when open stance shots are preferred over squared stances, especially when a student is driven hard to a sideline. My problem is in seeing teachers insist on using open stances when they're not warranted. Perhaps Tim Mayotte, who presented at the PTR International Symposium some years back said it best: “you shouldn't choose an open stance - it should choose you!”

Failure to teach the underspin lob.

I'm getting more and more students these days who have been taught by other pros (ages range from 12 to 16) who can only hit a topspin lob and in my opinion -- if that's all you've got -- you really don't have a reliable lob! The blocked (or underspin) lob should be taught and mastered first. The topspin lob is an auxiliary shot and should never be considered the foundation of one's lob game!

Warming up mini - tennis and having students hitting only with topspin.

What a waste of time! First, hitting topspin in the forecourt (at a slow ball speed) is not a shot that would be used in singles or doubles at any time! Second, students are practicing something they already do well - just about all juniors hit far more topspin shots today than anything else! I don't allow my students to hit topspin when warming up or playing mini - tennis. They must only use slices. This, incidentally IS a shot they WOULD use in competition (i.e., drop shots, approach shots). Since most kids today can't slice well what better way to develop a decent slice and learn how to return one?

Summary

These are just some of the more common tips that hold players back. The coaching takeaway from this article is as follows: we as teaching professionals need to be teaching sound fundamentals and a complete game. We should not be teaching the eccentricities of the styles of the pros. Rafael Nadal's forehand is for Rafael Nadal, Nick Kyriosis' tweener is for Nick Kyriosis. Most children today fall into the category of mediocre to average athlete. Teaching the majority “to hit like the pros” just doesn't work ... what you end up with is a bad copy of the originals.

Stick to the fundamentals - the fundamentals that underlie all styles of play ARE the same - things like: early shoulder turn on all shots, sound footwork, good balance, a swing speed that translates to the best control for the student, good weight shifting, proper racquet face position at ball contact, good extension of the racquet face out to the target prior to follow through on all groundstrokes etc. While it might be fun for kids to emulate the pros, it's a lot more fun to win more matches and this can only be achieved by learning high percentage tactics and strategies consistent with a player's skill level and proper fundamentals!

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2. Elliott, Marshall and Noffal (1995). “Contributions of Upper Arm Limb Rotations during the Power Serve”. Journal of Applied Biomechanics. Pp. 433 - 442.



A PTR International Master Professional, and 2015 PTR Professional of the Year, Jack has a graduate background in Exercise Physiology and Motor Learning. During his 36 year career, he has worked as a Head Professional and was Head Men's and Women's Tennis Coach at Catawba College. Currently, Jack is Co-Director of Tim Wilkison Tennis Academies and Co-Director of Nike Tennis Camps, both in Charlotte, North Carolina, and is also Director of Tennis for the City of Salisbury. Additionally, he is the boys and girls middle school Head Tennis Coach at the Charlotte Latin School. Jack is co-author of Power, Speed and Stamina for Tennis: A Complete Guide for the Player and Coach.

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STAFFING

in the Age of Racquets

by Jarrett Chirico

If you have ever heard me speak, read any of my articles or even work in the hospitality industry, you know that we are living in the Age of Racquets. It is no longer enough to just be great at running tennis programs. The consistent growth in other racquet sports such as pickleball and paddle have led to an unprecedented demand for racquets. This will change how we staff, program, teach and ultimately connect the dots from one racquet sport to another. That is why the PTR has also led the charge in racquets education and certification by assembling a highly qualified team and adding the PPR (Professional Pickleball Registry) and the PPTR (Professional Platform Tennis Registry) and even the PSR (Professional Sports Registry). The future of your membership will depend on the depth and understanding of all your racquets offerings. Now more than ever, is your clubs make it or break it moment.

Your club now has the opportunity to thrive or suffer greatly. There is no doubt the obstacles are great, but with difficulty comes opportunity and you can either meet the new demands, pressures and expectations head on, or protect the status quo and be left behind. We must now be an expert in multiple areas which demands we ask more, not just from our-

selves, but from others as well. We must prioritize education and training to update our staff's knowledge and arm them with the tools they need to succeed.

The greatest investment always lies in people and it is through people that you will make the greatest difference. It is when you invest in your staff that you add value to their individual skill sets and obtain the highest overall returns. The foundation to success stems from leadership. A good friend once told me—"it isn't the club that makes the pro, but rather the pro that makes the club." As a director, if you do not seek to become an expert in everything, you fail to be the total racquets expert that is now essential to success. This means stepping outside your comfort zone and being willing to continue growing

even while on top. One of the greatest pitfalls to success is allowing yourself to be stagnant by being afraid to fail at something unfamiliar. It can certainly be difficult to change when things are succeeding, but it is actually then that you must continue to innovate and adapt in a constantly evolving world. So as our successes rise so should our failures. If you are not failing you are not innovating and this will ultimately lead to

We must prioritize education and training to update our staff's knowledge and arm them with the tools they need to succeed.

stagnation. If you cannot innovate and adapt when things are at a high, it will be all but impossible when things are at a low. The greatest way to grow is through your network—by connecting with people that you can learn from, and who in turn, learn from you. It does not matter how much expertise you acquire, there will always be someone who knows more in that particular field than you do. But it is those very top-in-their-field experts who you want to know.

I have always approached relationships asking myself first—what can I do for this person...? And second—what can they do for me...? If you can't answer these two questions clearly it is probably not the best relationship to pursue. If you always look to give before seeking anything in return you will nearly always receive returns that exceed your expectations. Mentorship is very much a two-way street and is something that has defined how I approach my relationships. I can say with certainty that everything valuable I have ever achieved has been due to the people who surround me.

Your staff will define you and your success - which means finding the right people is of the highest importance. The first trait I look for is motivation, which is often found in people that would be considered diamonds in the rough. I want people who aspire to be directors, who wake up in the middle of the night with a million ideas they can't wait to share, and who are always looking for what is next. Having people like this is key to racquets. It is not so much the ability to be great at one thing, but the desire to be great at all things. I have always been, and will continue to be, in constant pursuit of passionate, dedicated individuals. It is now not only important to be able to teach one racquet sport, but a necessity to be able to acquire the knowledge to teach all racquet sports. It is what is required today to succeed.

It is not an easy challenge to be required to be an expert in multiple racquet sports, but it holds enormous opportunity to separate yourself from the crowd. It IS possible to become a total racquets expert by investing in your staff, which all starts with the decisions you make as a director. Your staff is the key to building your overarching knowledge of the racquets industry and connecting all racquet sports to one another. Your team can show members how pickleball helps their tennis, how tennis helps their paddle, and overall, how general racquet skills build on one another. On average, there is a 30% crossover rate from one racquet sport to another when clubs are staffed with "racquets", not just tennis, pickleball, or paddle professionals. Which means if 1,000 members play tennis at your club, when you add pickleball, you will average 300 people crossing over to play both sports. This is monumental for your programs but more importantly to your club as a whole.

Racquets is one area of the club that has the ability to grow member utilization across the board through all areas and amenities. Racquets—tennis, pickleball, paddle, squash, padel, pop tennis, create more amenities, creating more value to your members. The more your amenities grow,

the more opportunity members will have to use the club and for staff to teach and connect with the members. Alternatively, imagine the contrast if a director opts not to invest in racquets—you completely lose out on the opportunity for so many benefits to members and staff by simply providing what everyone else offers as a minimum. I have seen this firsthand all over the country when managers tell me—"my director doesn't want to try pickleball," or "we have no room to build facilities." A person who has played a pivotal role in my career has always told me—"we need to see things not for how they are but for how they can be." A great leader has the ability to see into the future and guide those around them through uncertain situations. As we have seen through this pandemic, you never can predict what is around the corner, but if we are prepared, with the right people pushing the boundaries, we can achieve more than we ever thought possible.

The clubs that have invested in racquets have seen unprecedented growth through Covid while the clubs that have taken a passive approach are struggling. The result is, staff at some clubs have risen to new heights while staff at others have felt nothing but uncertainty. As a leader your greatest responsibility is to your staff! Your people will define you and you have the ability to define them. Push yourself for more, want more, expect more, and I promise you will attract the people that share those same qualities. Never forget you hold the ability to set the pace. What you do matters. Invest in yourself and your team.

I regularly attend and speak at conferences, hold certifications from every notable teaching organization, and certify pros around the country. I don't do this for the stamp of approval on a piece of paper. I do it to grow new relationships that benefit my membership and team. As your staff begins to understand the value all of this brings, they will follow your lead. This all goes back to the adage—"a leader always leads by example." If you lead by example, you will never struggle to find and hire the people who make the difference. There is no question that the age of racquets is going to be defined by extreme successes and quick failures. The clubs that have invested and continue to invest in racquets will see unprecedented growth, while the ones that have not, will struggle. The pandemic has only accelerated this process. Everyone reading this knows of clubs that are on the rise and others that have recently failed to cope with the sudden obstacles. These challenges will continue to hold endless opportunities which means how we choose to approach them is what matters.

I believe every obstacle can be viewed as an opportunity. It was the continual decline in tennis that was the foundation for the racquets boom. If tennis hadn't consistently declined, there would be no pickleball, paddle, or other racquet sports that have come onto center stage in recent times. If you think back to the 70's and 80's this fact is obvious. Yet, it is racquets as a whole that will ultimately lead tennis to its highest participation numbers in history. And it is staffing that is the foundation to success that holds the key to the future of racquets!



Jarrett Chirico is the Director of Racquets at Royal Oaks Country Club in Dallas, Texas, one of the most prestigious clubs in the country. Jarrett who is one of our top PPR clinicians, was previously at Baltimore Country Club where the racquets program grew over 500% under his leadership.

Jarrett believes that we have entered the Golden Age of Racquets and he continues to guide our industry into the future. He is a Triple Threat – certified professional in PPR Pickleball, PTR Tennis, and PPTR Platform Tennis



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THE 7 CARDINAL SINS *OF MINDSET IN TENNIS*

by Gene Zannetti

In tennis and in life, there's very little we can control. One thing we can control is the mindset and attitudes we develop and let guide us. Focus on what you can control and work to overcome these seven attitudes that can will keep you from unlocking your potential on the tennis court and in life.

1

Indifference/Apathy

If you want to achieve your goals and improve performance, there's no room to hold back.

Action Step to Counter It

Find your motivation. What's your purpose for playing tennis? Figure it out, write it down, post it up somewhere that you'll see it daily. Your "why" must be strong enough to keep you working towards achieving your goals no matter how you feel.

2

Stubbornness

Being stubborn means you aren't coachable. The un-coachable athlete will be unsuccessful.

Action Step to Counter It

However, being open-minded will expose new skills or techniques that you would've otherwise been ignored. Develop a "white-belt mentality." Ask questions as you would if you were a beginner to help you cultivate a more coachable attitude and disposition.

3

Pride

It's crucial to be confident in yourself but being overconfident or cocky might lead you be arrogant or prideful. Pride will lead to silly.

Action Step to Counter It

Cultivate the virtue of humility. Humility is truth. It comes when we realize our true standing in the world and in our sport. - "Nobody is superman-they can all be beat, myself included." Have a healthy level of respect for your opponents. Maintain a humble attitude on and off the court, and you will be a true role model for everyone.

4

Self-Doubt

It's very easy to be overly critical toward yourself, especially after experiencing a loss or setback. All of a sudden, just because of a loss, many athletes start to doubt their abilities. This is how one loss can spiral into a "slump."

Action Step to Counter It

To overcome self-doubt, develop short-term memory loss when it comes to your bad days. Everyone has a bad day on the court here and there. Keep a confidence journal of all of your past successes, personal strengths, and daily improvements, listing at least 3 a day.

5

Cautiousness

If you're too hesitant, you miss out on key opportunities and allow for the opponents to take advantage.

Action Step to Counter It

Play gutsy tennis with big targets! Be a risk-taker, some opportunities only come when we create them! Go out of your way to take risks and leave your comfort zone with daily mental toughness challenges!

6

Perfectionism

Athletes who are perfectionistic tend to underperform and unhealthy nerves before they compete. This attitude often leads to a fear of losing and/or fear of making mistakes.

Action Step to Counter It

To avoid perfectionism and forcing unattainable expectations on yourself, focus on setting process goals to improve your skills over time, rather than focusing on outcomes and having perfect technique. Many players are actually too concerned with technique and hitting the ball the way they want to. This can be very difficult, especially when playing against players whose game-style does not match up well with yours. There are no style points in tennis, and sometimes you have to be okay with winning ugly! It's ok to make mistakes and to continually focus on becoming a better tennis player. Strive for mastery, there's no perfection on this side of heaven!

7

Over-Seriousness

Being over-serious decreases the enjoyment of the sport and adds extra stress on yourself.

Action Step to Counter It

You should play tennis because you love the sport. If you're taking things too seriously, remind yourself why you started playing tennis in the first place and the aspects of the sport that caused you to fall in love with it. If you take things too seriously, you'll play tight and robotically. Write down a list of the things you love about tennis and loosen up!



Gene Zannetti, co-founder & CEO of Winning Mindset, graduated with a Psychology degree from the University of Pennsylvania. He has two master's degrees; one in Sport Psychology and the other in Clinical Psychology. He is a certified school psychologist, personal trainer and nutritionist. Zannetti's master's degree thesis (Perfectionism & Anxiety) has been published in the International Journal of Wrestling Sciences.



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BALL MACHINE DRILL =

Skill Level - beginner to advanced

Objective - Improve player's volley footwork, ability to get beside volleys, and fitness.

Procedure

- This is a FBT60 Drill (Fit By Tennis in 60 Days) www.fbt60.com
- Place ball machine in the center of the baseline.
- Set machine to throw neutral volleys to 2 lines.
- Ball frequency should be timed so that when player's ball passes the front of machine, it throws another ball.
- Player A hits forehand volley and then moves around next ball and plays it as a backhand. Player B performs the same movements. Lefties hit backhand volleys first.
- Players switch lines each time through the drill.

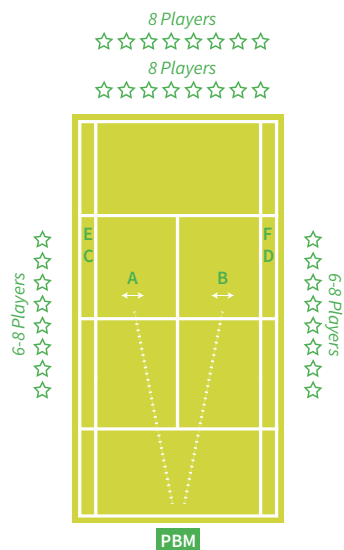
4-Players: Hit 6 balls each. Players in line perform Cardio Blasts while waiting. No Ladders.

6-Players: Hit 4 balls each. Players in line perform Cardio Blasts while waiting. 1 Ladder.

8-Players: Hit 4 balls each. Players in line perform Cardio Blasts while waiting. 2 Ladders.

Variation

- Works great as a one-line Besiders Volley Drill for members renting the ball machine.
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