

Coaching presented by **3M**



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Tennis is a sport that requires great athleticism because of the legs needed to cover the court and the coordination required to use different hitting techniques based on game situations.

2. Combative attitude

The goal of this article is to outline three important elements to improve your game: to be in athletic *position* to be able to react well, to have a combative attitude to want to be in the game, and to have good balance to be able to hit well.

Athletic qualities will never be maximized without a combative attitude to be able to put the ball back into play.

1. Athletic waiting position This means:

When facing the fast shots of opponents, players should adopt an athletic waiting position where they can move quickly both on the forehand and backhand.

- A balanced athletic position, legs bent, and with good posture to be able to move quickly in all directions.
- The racquet head facing forward with the opposite hand "relaxed" and ready to move quickly on the forehand

RAFAEL NADAL
NADAL returns a smash with a backhand lob. The technique is similar to a backhand smash but in a defensive situation where the intent is to force the opponent to hit another smash to win the point.





and backhand.

In Photo 1, you see the athletic waiting position of Rogers Federer. This is when there is the least time to react and therefore you must be extremely explosive.

CARLOS MOYA in **open position to return a defensive lob, using a grip that's almost the same as a forehand.**



In this chapter, the Spaniards are our models. Thanks to their extraordinary defense, they force you to hit one more shot and create a situation where you would attempt riskier shots to finish the point. This will likely increase your unforced errors.

These pictures show the determination of Nadal (photo 2) and Moya (photo 3) in getting the balls back into play.

Note: These players have two-handed backhands but their defensive backhands are single-handed and with a body position we really don't learn in lessons.

3. Seeking balance

Players are always seeking good balance in order to



efficiently use their bodies when they hit.

Having a wide foothold is essential. To achieve this, players place their heels while they're getting their foothold, whether it is in a neutral position on their right leg (photo 4) or in an open position on their left leg (photo 5). This allows them to enlarge the base and lower their centre of gravity, also giving them more balance.

On a low ball:

Lleyton Hewitt (photo 6) shows excellent posture and good balance on low balls. Notice how each leg is bent at about 90° and that his back knee is almost touching the ground.

On a high ball:

On high balls, players take advantage of the situation to hit with power. They are more dynamic in their hit and leave the ground. Anastasia Miskina (photo 7)

hits a good backhand on a high ball, bringing her left shoulder forward while keeping her hips to the side as she jumps.

Off balance

Finally, even off balance, Jennifer Capriati (photo 8) finds a way to hit the ball with authority by taking the top of her body toward the front of her foothold when she makes contact with the ball.



CONCLUSION :

We often look to use the techniques we've learned. However, the pros have numerous actions that they developed themselves based on their attitude and their coordination. So, athletic *position*, combative *attitude*, and good *balance* ... and whenever possible, develop your own techniques that allow you to put the ball back into play.

Happy tennis !