KRTT Adult Summer Camp
Doubles Strategy: In-between Points

Goal: Train a doubles team in what do between points

We do not realize as tennis players that there is more time spent NOT hitting a ball during a match, than actually playing a point. Thus, very little training takes place in developing the proper physical and mental condition of players between points.

Statistics:

- The average match in the US Open can be broken up into 19 minutes of play time and 99 minutes of non-play time.
- The average match at Wimbledon can be broken up into 9 minutes of play time and 142 minutes of non-play time.
- The average match at the French Open can be broken up into 50 minutes of play time and 150 minutes of non-play time.

Note: These times include the 20 minute changeovers.

In an average hour of tennis play there is between 12-15 minutes of actual playing time. The remaining 45 minutes consists of non-playing time. So the question, is, "What do you think about after an error?" And, "How do you prepare your body for the next point?" Or, "How do you intellectually set up your next point?" Also, "What steps do you take to relax your mind and body?" These answers affect your readiness for your next point.

Responses:

A leading tennis psychologist, Jim Loehr, described the 4 stages between a point this way:

Stage 1.— Positive Physical Response
Stage 2.— Relaxation Response
Stage 3.— Preparation Response
Stage 4.— Ritual Response

For simplicity reasons we will describe these stages by comparing them to different rooms in a house:

Stage 1.— Bathroom: Unwind the mind, flush the toilet (3-5 seconds)
Stage 2.— Living Room: Unwind the body, relax on the couch (6-15 seconds)
Stage 3.— Hallway: What do you want to happen on the next point? Get from here to there (3-5 seconds)
Stage 4.— Office: Go into automatic state. Summon one's focus and intensity. Get the work done. (2-3 seconds)

Notes: