KRTT Adult Summer Camp
Doubles Strategy: Types of Unforced Errors

Goal: Train a doubles team to distinguish what types of unforced errors occur in a match, in order to make expedient corrections.

Situations:

1. Pressure—respond to the pressure of game situations (ex. missing an easy shot, off-court circumstances, etc.).
2. Aggressive—tried too much with a given shot (ex. hit too hard or too close to the line).
3. Tactical—bad decisions based on type of shot and what you were trying to do (made a mistake in Balance, Contact Point, or Court Position "BCC").
4. Execution—technically did not execute.
5. Fatigue—failed to execute due to fatigue.

Solutions:

1. Pressure—focus on the ball, not the opponent.
2. Aggressive—stay away from the lines and net (don't miss wide).
3. Tactical—make good decisions based on "BCC."
4. Execution—review stroke mechanics.
   (You should know where your particular swing breaks down. Correct with one idea, not multiple ideas).
5. Fatigue—Specific Tennis Conditioning.