High Percentage Principles

These are principles that are important for any type of game strategy or playing style:

Keep the ball in play

We all win or lose by the amount of our unforced errors. Reduce errors, win matches. Try not to miss in the net or wide. These 2 principles will automatically improve your game.

Hit to large target areas

Keep it simple by hitting crosscourt unless opportunity knocks. The majority of shots hit in a match are hit cross-court, middle (probably 60%-80% depended on level of player). Crosscourt gives you the longest range to hit into a court. Remember Hit "through the court" versus to the angles.

Hit higher over the net

The only enemy on a tennis court is the net! It is only a three foot adversary! Why are we held captive by a 3 foot net? Learn topspin and develop good net clearance so your length of rally increases. The use of ropes zones will help you to practice hitting higher over the net.

Learn topspin

Learning this spin will allow you to control the ball with quicker racquet head speed. Topspin is the only spin that helps gravity bring the ball down! As you get proficient with spin you can hit more angles within the court and control a faster ball coming to you.

Develop different racquet head speeds

Usually more racquet head speed equals less control whereas less speed enhances control. Though shortening backswings can control the ball, speed of racquet helps you to gain a realistic perspective on how to keep the ball in play. The average player should swing fast enough to impart topspin or under-spin but slow enough to hit balls in play during a rally. A good way to practice is to develop three different racquet head speeds (slow, medium and fast). Remember a slower speed of racquet doesn't mean stopping your swing. Finish the shot completely but with a controlled speed of racquet.

Recognize when you are offensive, neutral and defensive.

Learn how to anticipate your opponent's shots. Learn the second vision in which you begin to study the opponent's racquet and body position. Learn to analyze your opponent's balance, contact point and court position. This will help you to make the proper decision whether you are offensive, neutral or defensive.