KRTT II, Inc.
Singles Training

There are several general components needed for Match play. They include Physical, Technical, Tactical, Strategic, Mental and Environmental . This series (15 week) of clinics will focus on Tactics and Strategy. Included will be a discussion on game style, recognizing strengths, patterns, and the 5 aspects of ball control (height, depth, spin, placement and racquet head speed).

There are many important general principles to develop and implement in a singles match. Some principles are more or less important depending on level of play. They are as follows:

1. Don't miss in the net or wide. Miss long.
2. Try to keep 4 balls in play unless going for a winner.
3. Hit primarily crosscourt and down the middle (70 –80%)
4. Don't change direction unless you are on high neutral or offensive. There will be times you will change direction because you don't have a choice (ex. can't hit early, defensive).
5. The longer the point goes crosscourt, it becomes more difficult to change direction unless it is a weak ball.
6. Where you serve the ball will usually dictate where the return will be hit.
7. Try to hit balls that stay out of the strike zone of your opponents *(ex. Try to hit high and/or low balls, short and/or deep etc.)*
8. Try to break the rhythm of your opponent (ex. *Change the pace of your balls, alternate spins by hitting one slice and one topspin or vary* the amount of topspin you hit).
9. Make sure your court position is correct. You should be diagonal to the ball bouncing from the baseline and parallel to the ball at net (the 6 dots on the court).