

**HOW TO...BE READY**  
**by Peter Farrell**

Playing Standard: ITN 10  
Long Term Player Development Pathway: Phase 2

**One key for players at all levels is to return to the ready position after each shot.**

It's called the ready position for the obvious reason that, if you are in this position, you are ready for your opponents next shot.

In the ready position, the role of the `non-playing` hand is crucial (*for convenience sake let`s call it the left hand*). Immediately after completing the follow through, a player should bring the racquet down to around waist level, and place the left hand on the throat of the racquet.

**The left hand has at least two important functions:**

1. It allows the player to relax the right hand, and therefore not over-stress the racquet arm.
2. If a grip change is required for the next shot, pushing or pulling the racquet with the left hand, while gripping loosely with the right hand, makes for a quick and efficient grip change. You will NEVER see a top player not using his or her left hand in this way – after every shot.

*That has to tell you something!*

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For individual advice on this or any aspect of tennis, please contact your local Tennis Coach Ireland coach –  
see [www.tenniscoachireland.ie](http://www.tenniscoachireland.ie)

For more information on the ITN:  
[http://www.tennisireland.ie/player\\_database/what\\_is\\_the\\_itn](http://www.tennisireland.ie/player_database/what_is_the_itn)

For more information on the Long Term Player Development Pathway:  
[http://www.tennisireland.ie/coaches/player\\_development\\_pathway](http://www.tennisireland.ie/coaches/player_development_pathway)