

## **HITTING 'DEEP' GROUNDSTROKES** **by Peter Farrell**

Playing Standard: ITN 2 to 6

Long Term Player Development Pathway: Phase 3

**At beginner and intermediate levels, a player can win a lot of groundstroke rallies simply by keeping the ball in play and deep.**

At this level of play, deep means the ball bouncing past the service line. The nearer the baseline the better, but remember to leave a 'margin for error' – aiming 2 to 3 metres inside the baseline should do the trick.

### **THE ADVANTAGES:**

Deep shots keep your opponent pushed back behind his baseline, from where:

- It's hard for him to attack.
- His shots will take longer to get to you (giving you more time to react).
- The angles open to him are smaller.
- You can move him farther side to side.
- He is more likely to hit a short, weak shot.
- It is more difficult for him to attack if you hit a weak shot.

As in any one-on-one 'battle', the further away you can keep your 'enemy', the less harm he can do to you!

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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)