

## PLAY WITH A “MARGIN FOR ERROR” by Peter Farrell

Playing Standard: ITN 8 to 10

Long Term Player Development Pathway: Phase 3

***There are three ways you can lose a point in tennis:***

- 1. Your opponent hits a clean winner which you cannot touch at all.**
- 2. You hit the ball into the net.**
- 3. You hit the ball over the net but outside the court.**

Statistics prove that the vast majority of the points you lose in any match will be as a result of hitting the ball into the net or outside the lines...

How can you cut down on these errors? The answer is to give yourself a bigger “**Margin For Error**”. What does this mean?

- Many players aim **too low over the net**. If the shot goes a little lower than they intended, it lands in the net. In a baseline rally you should be aiming 1 to 2 metres over the net!
- Many players aim **too close to the lines**. If the ball goes a little farther left, right or longer than they intended, it misses the court. Even the top players in the world do not aim to land the ball on the line.....
- Many players **hit the ball too hard**. You should only hit it as hard as you can control it. After all, winning slowly is better than losing quickly!

***Giving yourself more margin for error means you will miss less shots, and that automatically puts more pressure on your opponent.***

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)