

BETWEEN POINT ROUTINE

by Peter Farrell

Playing Standard: ITN 1 to 6

Long Term Player Development Pathway: Phase 4

Many players rush themselves unnecessarily between points. How you spend the time between the end of one rally and the start of the next is crucial in deciding how well you play the next point.

A SIMPLE ROUTINE TO FOLLOW:

1. As soon as the last point ends, ask yourself if there was anything you learnt from it which you can use later on.

If you played badly – FORGET IT! Don't allow thoughts of how poorly you just played cause you to play badly in the next point...

2. Next, start focusing on the rally about to begin. If you are serving, what type of serve are you going to hit? Where are you going to hit it to? Are you going to serve and volley or stay back? Top players always bounce the ball a set number of times before they serve, This `service ritual` forces them to take time.

Research shows that about 75% of match duration is non-playing time. You must use that time to your advantage if you are going to win.

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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

For more information on 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