

FOUR WAYS TO WIN A MATCH
by Peter Farrell

Playing Standard: ITN 2 to 7

Long Term Player Development Pathway: Phase 2

1. If you **GET EVERY BALL BACK** you cannot lose – no matter who you are playing..
‘Split step’ every time your opponent hits the ball and you will get the best start to reaching every shot.
2. Keep your shots **DEEP**. The nearer to the baseline your shot lands the ‘deeper’ it is.
Depth makes an opponent hit weak shots, and stops him attacking.
3. Hit **AWAY** from your opponent.
Too many players hit too many shots down the middle of the court!
4. Find the **WEAK AREAS** of your opponents game, and make her hit a lot of the shots she does not want to hit. *EVERY tennis player has some weak areas...*

No matter what level of player you are, you will win more matches if you use these four simple ideas.

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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