

## **A MATTER OF PREPARATION** by **Peter Farrell**

Playing Standard: ITN 3 to 8

Long Term Player Development Pathway: Phase 4

**QUESTION:** I seem to be a `slow starter` in tournament matches. Before I know it, I`m often 0 - 3 or 1 - 4 down in the first set. How can I change this situation?

**ANSWER:** Two simple steps to becoming “quick off the mark” from the very start of a match:

1. `Scout ` your opponent early in the tournament, so that you can **formulate the most effective tactics** before you ever step on to the court with him or her.
2. Hit for 20 minutes, one to two hours before the match is scheduled so as to **`get your eye in`**, rather than risk your timing being off in the early stages of the match.

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)