

TOP 10

TIPS TO REDUCE UNFORCED ERRORS

by Noel Callaghan

1 Did you know that statistics show that if you can reduce your unforced errors by half, that your odds of winning a match go up by 80%. So a few improvements will have a major impact on the end result. Most important WATCH THE BALL.

2 Show your authority by tossing first. Find out what your opponents weakness is during the hit up. Work out if they can volley on both sides, can they smash, how's their backhand, how's their forehand, are they left or right handed?

3 Do not try to end the point too quickly, be patient and wait for the right ball. If you find yourself losing points too quickly, remember make at least five quality rally balls to get yourself back into rhythm. Stay in the point, rally as long as it takes, this tells your opponent you will never give up.

4 Tennis players are not flat footed. Footwork is so important and YOUR feet should never stop moving. Fast feet, good feet, always on your toes and make sure that you always split your step.

5 The ball should clear the net at least by a good three feet. If your balls are hitting the net, make sure you close your racquet face and hit up with lots of spin. Ensure your stroke making continues to produce quality shots.

6 Good preparation is a must. The racquet needs to have the backswing completed by the time the ball has bounced. Timing is crucial and good preparation ensures you that you don't rush your shot.

7 Don't get yourself tense and uptight. Remember to breathe. A breathing pattern will help relax your muscles to enable more free-flowing hitting.



8 If you get a short ball, don't think that you are always going to win this in one shot. Your short ball return should be hit deep and heavily into either the forehand or the backhand corner to set you up for an easy put away at the net. Think two shots, you may win this in one, but in your head think that this is a two shot process.

9 Consistency wins! Crosscourt is a favoured baseline groundstroke. The net is 6 inches lower and the distance is longer than a down the line shot. A cross court shot will leave the hitter in a better court position.

THE ULTIMATE PLAN IN TENNIS IS SIMPLE...

10 Good hands, good head, fast feet, keep the ball deep, refuse to miss the ball, be as tough as nails and let the opposition make an error before you. If the ball is short ATTACK and most importantly remember that tennis is a GAME so you need to enjoy hitting the ball and foremost HAVE FUN.