

Tactical Checklist for a performance player

Red

- Trading consistently from baseline (“out rally your opponent”)
- Move your opponent by hitting into space
- Taking away time by taking the ball earlier and hitting faster
- Going for the first serve
- Consistency on the second serve
- When returning neutralising the 1st serve
- Attacking the second serve
- Defending from the baseline using height to give you more time
- Defending against a fast ball using a small take back and swing
- Aware of when to stay at the net and recover behind the baseline
- What to do when the opponent is at net (hit fast, past or over)

Orange

- Quality on trading shots using rising balls across the baseline in the crosscourt
- When to change the direction of a trading ball down-the-line
- Dominating the middle of the court by using your strength on central or mid-court balls
- Using your strength against your opponents weakness
- Opening up the court using angles (attacking with precision)
- Attacking with power
- Deciding when to approach the net
- Decision making on short balls (whether to hit deep, move opponent or drop shot)
- Opponent at net – understanding how time affects shot selection (Topspin lob, block lob, crosscourt passing shot, down-the-line passing shot)
- Court position at the net
- Direction on first serve
- Consistency on second serve
- Decision making on the return of serve (cross court, down-the-line, moon ball, drop shot, approach net, attack with power or precision)
- Defending on the move (hitting on the run)
- Staying in the point (using one hand on the racket)
- Using height and depth to defend in the rally

Green

- Escaping the bounce, dealing with fast balls
- Hitting balls on the rise
- Cheating your recovery position by using inside-in/inside-out forehands
- Changing the tempo of the rally (slowing it down using moon balls or slice)
- Decision making on the run (when to counter attack and when to neutralise)
- Deciding where to place each serve (1st and 2nd)
- Going for power (flat) on 1st serve, consistency (spin) on 2nd serve
- Using the “one, two punch” off the serve.
- Decision making on the return of serve (Cross court return or keeping it in play, attacking with power or precision)

