

Match Day Varsity Cheatsheet

One page • High clarity • Fast decisions

FIRST SERVE PLAN

Targets: Body → T → Wide

Cue: "Tall toss, smooth lift, finish high."

Serve +1: Deep middle.

RETURN PLAN

Targets: Deep middle → Deep cross.

Cue: "See ball → small turn → send heavy."

RALLY PATTERNS

Cross-court w/ height until short/middle/height.

Then take space + pressure.

ATTACK TRIGGERS

Height • Middle • Short ball • Opp late/off-balance

Cue: "Two green lights before going big."

DEFENSIVE RULES

Add height; escape crosscourt.

Recover middle lane.

Cue: "Survive smart, not heroic."

BPR ROUTINE

Release → Reset → Plan → Commit.

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Poolesville Varsity Tennis — Octopus System