

TRANSITION FROM CLAY TO HARD COURTS DURING COMPETITIVE SEASON BY FRANK ZLESAK

**PRIORITIES AND PRINCIPLES TO BE
PRACTISED AND IMPLEMENTED BY PLAYERS**



TRANSITION FROM CLAY TO HARD COURTS DURING COMPETITIVE SEASON

- **THE EFFECTIVENESS OF THE FIRST SHOTS (SERVE, RETURN) IS EVEN MORE IMPORTANT → THEREFORE MORE TIME SHOULD BE SPENT ON 4 SEGMENTS (LESS ON BASELINE GAME)**
- **SPEND MORE TIME ON IMPROVING PLAYERS' WEAPONS**
- **MORE ATTENTION TO ALL STROKES ACCURACY (USE AT LEAST „2 QUALITIES)**
- **CLOSER TO THE BASELINE („FIGHT FOR EVERY INCH OF LAND“)**

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- **LESS BUILDING-UP (CROSS-COURT) SHOTS („TAKE THE VERY FIRST OPPORTUNITY TO GO FOR AN AGGRESSIVE DOWN THE LINE SHOT!“)**
- **„STEALING TIME“ FROM THE OPPONENT (NEUTRALIZING SLICE SHOTS ARE MORE EFFECTIVE THAN HIGH TOPSPINS)**
- **MORE COUNTER ATTACKING SHOTS (AND LESS NEUTRALIZING SHOTS)**

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- **DIFFERENT FOOTWORK (ON RETURN,
AT THE BASELINE)**
- **IMPORTANCE OF SERVE&VOLLEY**
- **MORE AGGRESSIVE (RISKY) 2ND
SERVE**
- **„FLEXIBLE STRATEGY“ ON RETURN**
- **CHIP AND CHARGE NOW AND THEN**
- **IMPORTANCE OF FAST DECISIONS
(NO HESITATION, NO CHANGE OF
DECISIONS)**

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- **IMPORTANCE OF SELF-CONFIDENCE
+ COURAGE**
- **IMPORTANCE OF SPECIFIC FITNESS**
 - **EXPLOSIVE POWER**
 - **SPECIFIC CO-ORDINATION**
 - **REACTIVITY**
 - **BALANCE**
 - **CORE STABILITY**
 - **UNAEROBIC ALACTIC ENDURANCE**

TRANSITION FROM CLAY TO HARD COURTS DURING COMPETITIVE SEASON

- **IMPORTANCE OF TEAM PRACTICE**

