



WOMEN'S TENNIS TACTICS

2006 EUROPEAN COACHES' SYMPOSIUM

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Tactical Conclusions

- Make the serve and return more fun!
- Use tactical serving targets to teach technique – remember Frank!
- Think of the serve and return as the *start* of a pattern of play vs. start of a rally
- Use patterns that include her best 2nd shot
- Encourage baseline control whenever possible

AIMS

- To study baseline and net play tactics of today's top female players
- Compare and contrast with the men's game – tactically and technically
- How will this influence our coaching next week?

Playing from the Baseline

At any given moment what do we see..?

(dvd)

Playing from the Baseline

- Fewer 'neutral' moments today
- Game being played at a high 'tempo'
- Balls being hit on/around the baseline – 'V'
- 2:1/3:1 switching ratios
- Big targets being used
- 'Stingers' not winners: 50:50, 60:40, 70:30...
- 'Building'...Attacking...or...Defending...(dvd2)

Building with variety?

- Less variety today but:
- Is variety the past or the future..?

(dvd)

Building with variety?

- Henin-Hardenne and Mauresmo = 6/8
- Single-handed backhand significance?
- 'Art of Coaching' is to decide how much variety is required...how long are you willing to spend on it? (Bayli)
- Remember *when* the development 'window' closes for girls!!

Defending from the Baseline

- Players are using alternative ways to defend...

(dvd 4/5)

Defending from the Baseline

- Women using *low* recovery shot in response to the drive volley
- Good defence neutralises *immediately* (x2 ball combinations to attack)
- Practice defence/attack patterns
- Receiving skills often overlooked in favour of sending skills?

When Playing at the Net

“Women are more effective at the net than men”

- O'Donoghue and Ingram, 2001

(dvd)

When Playing at the Net

- Women choose net play much more carefully!
- Much of the work done at the baseline first
- Instinctual 'sneak' approaches more common
- Drive volley used as link between baseline and net
- Short angle vs. deep angle volley?

(dvd 6 vs. 4)

When Opponent is at the Net

- Use the 'two ball pass'
- Pass down the middle (especially early on)
- Use lob as a weapon (forehand side?)
- Movement *up* the court to short angle

(dvd)

So what?!

- Women hitting the ball flatter and earlier
- Using pace of oncoming ball from up the court
- Encourage simple, efficient techniques
- Don't *demand* the forehand to be the bigger weapon
- Emphasise using 'building shots' vs. winners
- Encourage anticipation, perception, and reception skills
- Use patterns that include her best shots...