

## Lets Play "SMART" Tennis

Each time you take to the Court for a parctice or a competitive match - remember the word "SMART".

**S**= See the ball. The earlier you see the ball leave your opponents racket, the faster you can react to their shot. See the direction that the ball is taking, its trajectory and its potential depth.

**M**= Start moving to the ideal contact point, long fast strides cover a long distance quickly.

**A**= As you arrive at contact, take small adjustment or baby steps to fine-tune your distance from the ball.

**R**= As you prepare your racket for the shot - bring or take the racket back i.e. rotate your body - this has a feeling of pre-stretching which will allow you to hit the ball harder.

**T**= As you are about to strike the ball, step forward i.e. transfer your weight from the back foot to the front foot to give maximum control of power and direction.

S..... Now just swing at the ball - don't push it just swing at it.

R's = Recover to the best position on the court for the next shot.

R = Repeat the smart porcess for the next shot..

### The R's

Ready - Ready position on your toes.

Read - Look for things, direction, trajectory, type of spin, the pace or speed on the ball.

React - Get going, do I need to move forward? Right? Left? Backwards?

Run - Get to the point of impact as quickly as possible - be there before the ball arrives.

Rally - Hit a rally type shot. Get it over the net - deep and to the largest area or longest distance on the court.

Respond - that was a good shot - start thinking of moving forward, that was a bad shot - start moving back.

Recover - Recover to the best position to deal with your oppontents next shot.

Repeat and be ready for the next ball.

WG.....