

## **Routines are very important in playing good tennis**

In this short article, I will hopefully give you a check list to help you play better and it will give you assistance to identify where you might be going wrong. I call it the “r” routine

There are 6 stages you can go through that can help you up your game:

1. **Ready:** always be ready, on your toes, be active. Simple phrase to remember “When the ball is alive, you’re alive” If you’re not ready, get ready!!!
2. **Read:** What information are you receiving from the incoming ball? The first item you should see is the direction of the incoming ball i.e. right/left
3. **Re act:** When you have identified the direction, react to that side as quickly as possible. The quicker you react the faster you can get to that ball
4. **Run:** When you have read the flight of the ball and you have reacted to it, now run to it. Long strides for long distances, short strides for short distances.
5. **Rally:** Most shots that players hit from the back of the court are rally shots. Form an arc when you hit the ball. This will give you time to return to the correct position for the next ball.
6. **Return:** Having hit that last shot, remember to return to the correct position and the quicker you return, the more time you have to read, react and run for the next ball. A simple way to know if you are returning quickly is if you are home in the centre of the court before the shot you have hit bounces on your opponents side, if not hit it higher and deeper.

Enjoy your summer playing tennis

William Guiry