



### 18) High Pressure Sets:

Creative way to introduce pressure into a match play situation.

Level: 3.0 & Higher

Players play a regular set, but the score in each game starts at 30-30 instead of love-love.

This game brings players right to the important “pressure” points of the game which are later in the game when the game is about to be won or lost.

This also teaches players the importance of reducing unforced errors because if they make an error early, they are already facing game point against them.

Look for players that do not like this type of pressure and you will often find that they are the ones who seem to struggle more in matches.