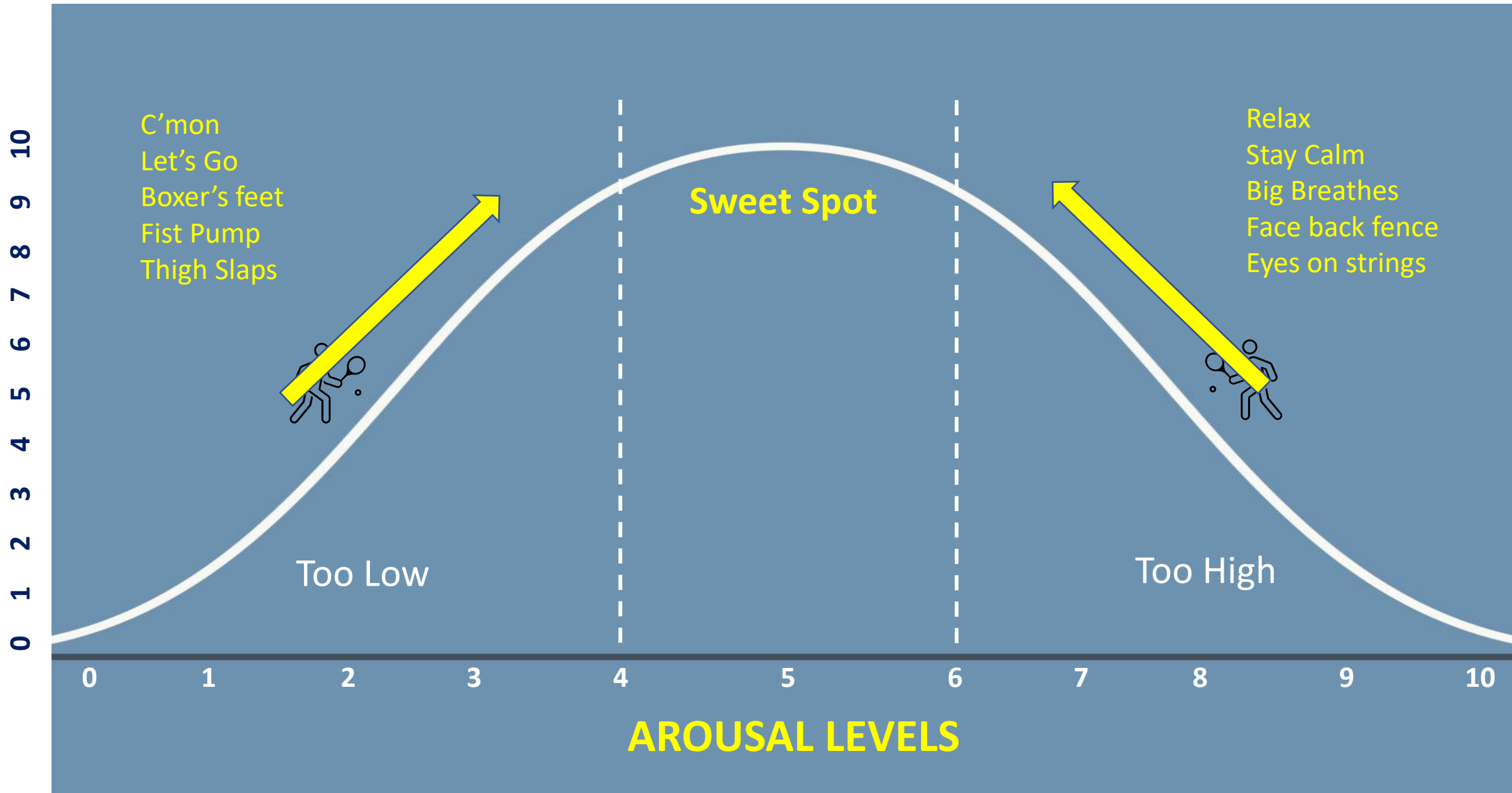- Live Call
- Sunday
- Aug 30, 2020

MODULE 3: Accessing Proper Arousal Levels

Perspective on Errors

Tennis Attracts Perfectionists

On the ATP Tour:

75% of points
end with an error

On the WTA Tour:

80% of points
end with an error

How many errors per set are acceptable to you?

How to Play

General Plays

STEP 1: First decide which one of these plays to run

1. Run a First Strike Play (0-4 shots)
2. Run a Steady Play (5-9 shots)
3. Run a Grinder Play (10+ shots)

Serve Plays

STEP 2: Decide aggressive or make them return bad

1. Decide what zone to hit. (1-6)
2. Decide between slow and fast.
3. Decide between high and low.
4. Serve to their weakness.
5. Serve to their body.
6. Serve to their biggest backswing.

Step 3: Specific Plays

Based on your strengths and the score, choose a play

1	Move opponent into zone 6. Moonball
2	Sneak in when they are in zone 6
3	Hit a drop-shot on any ball in zone 2
4	Slice 4 of 5 shots
5	Hit only cross-court (slump buster)
6	Rush the net on any zone 2 ball
7	Hit your best shot 4 of 5 times
8	Change the pace of every shot
9	Use only slices & lobs (sabotage)
10	Hit 4 of 5 shots deep into zone 4
11	Come in behind all their 2nd serves
12	Crank up your own topspin to the max
13	Play European style baseline (zone 6)
14	Play Agassi style baseline (zone 4)
15	Serve & Volley
16	Use shorts angles (cross the sideline)
17	Play 4 of 5 balls to the middle of the court
18	Isolate their weaker side (4 of 5 shots)
19	Only hit drop shots on all approach shots
20	Use a drop shot / lob tactic

Phases of Skill Acquisition

1) Learning

2) Training

3) Competition (non-official)

4) Competition (official)