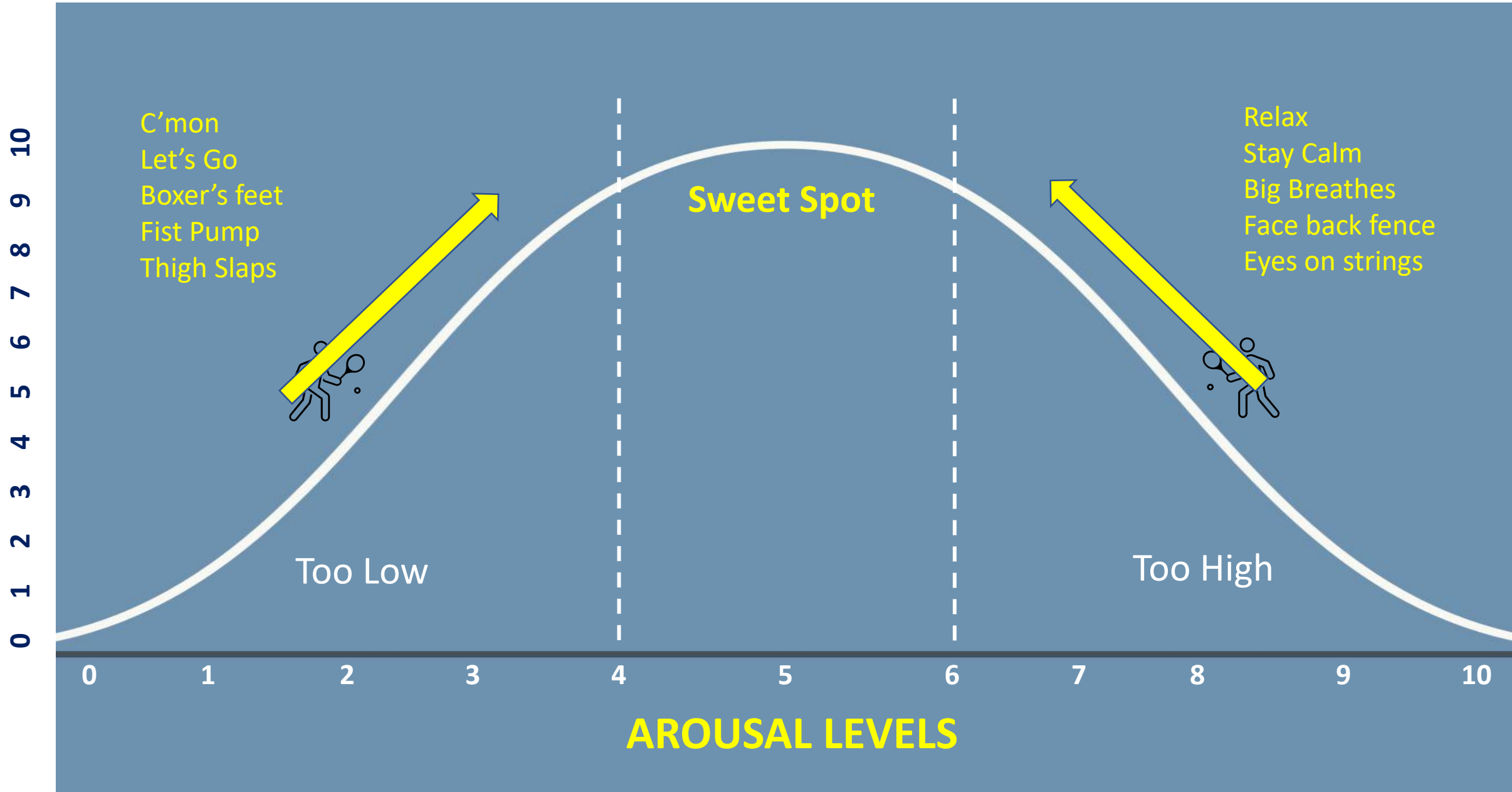
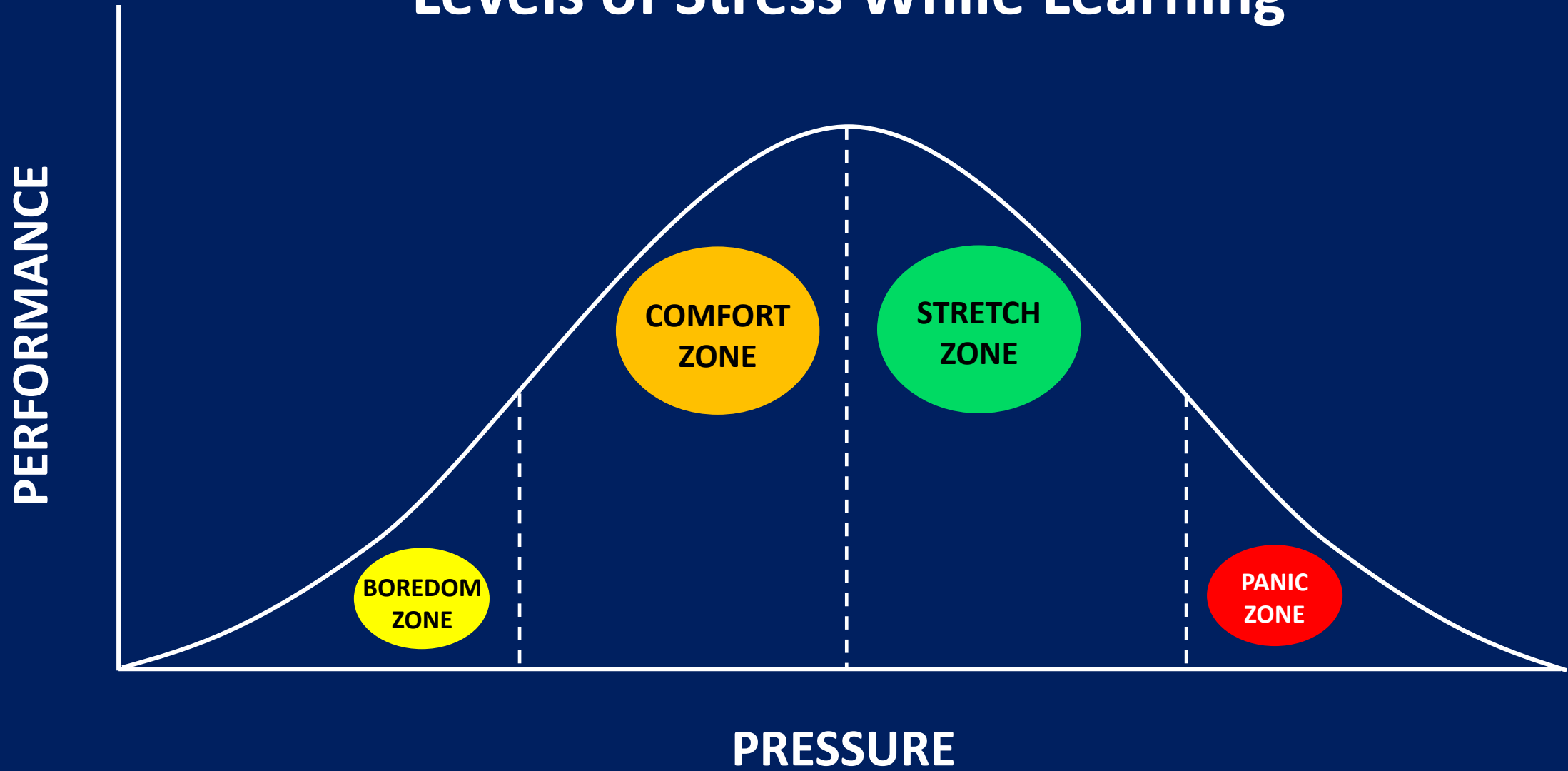


# M3:4- Accessing Proper Arousal Levels



# Levels of Stress While Learning



## JOB DESCRIPTIONS FOR DOUBLES PLAYERS

### The SERVER's Job Description:

- Call out the score before every point.
- **Identify and serve to the opponent's weakness.**
- Tell your partner where you are going to serve.
- Get to the service line for your first volley.
- Put 70 % of your first serves in play.

### The SERVER's Partner's Job Description:

**Be moving your feet before the serve is struck.**

Move around a lot so the returner must worry about you.

If the return goes past you cross-court, "release back" 2 steps.

Play your volleys at the other net player. They have less time to react.

Help your partner choose a target for his serve

### The RETURNER's Job Description:

- Put the return in play at all costs.
- Position in the center of the server's possible angles.
- **Attack weak serves by moving in, not bigger swings.**
- Make sure your second shot is a volley.
- Use your return to set up your partner.
- Don't try to hit winners on your returns.

### The RETURNER's Partner's Job Description:

- Help call serves that are close to the line.
- **Move in and poach, when the server is hitting a low volley.**
- Move in AFTER the return clears the opposing net player.
- If your partner is struggling with his returns, start back.
- If the return goes to the net player, stay put and cover the middle.
- Keep the returner pumped up and confident.

# SINGLES PLAY BOOK – HOW TO PLAY A POINT

## *Singles Play Book*

The list below has **PLAYS** you can run. This all has to do with the time **during the point**.

However, the time **between the points** is **not** a rest period, but rather a second performance.

Here we should always do the same rituals of the 1-MAN huddle and calling a play like a football team does, all while using the 16 second cure.

## 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.

# SINGLES PLAY BOOK – HOW TO PLAY A POINT

## Specific Plays (missions)

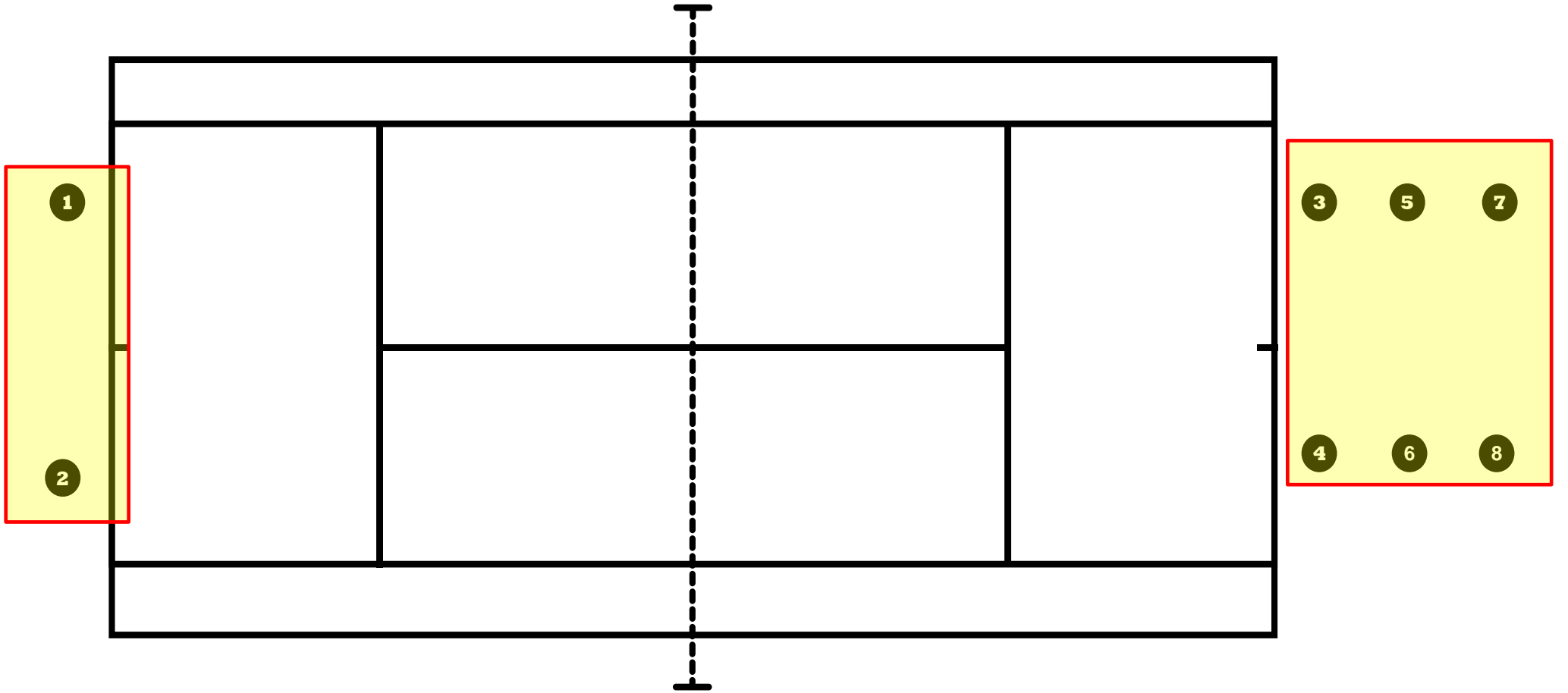
**STEP 3:** Decide aggressive or make them return bad

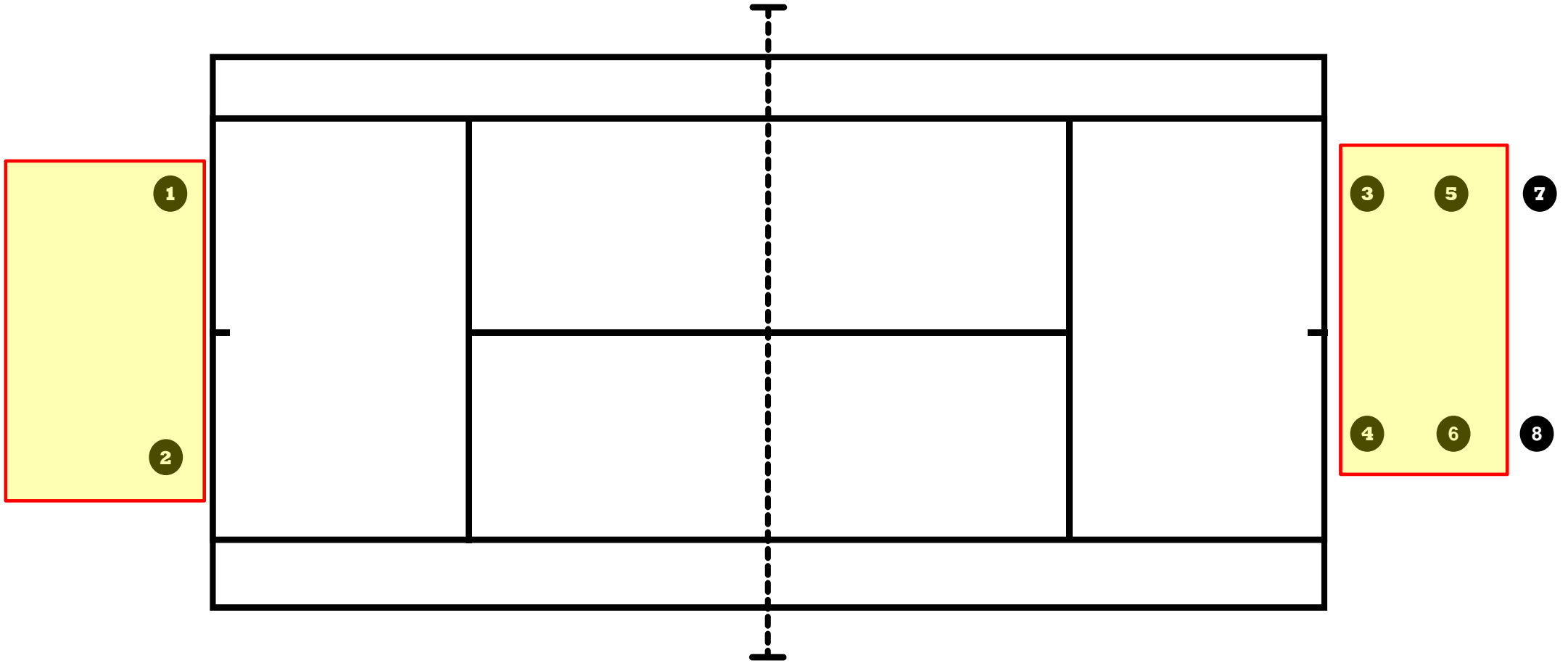
1. Decide what zone to hit. (1-6)
2. Decide between slow and fast.
3. Decide between high and low.
4. Serve to their weakness.
5. Serve to their body.
6. Serve to their biggest backswing.
7. Hit your best shot 4 of 5 times
8. Change the pace of every shot
9. Use only slices & lobs (sabotage)
10. Hit 4 of 5 shots deep into zone 4

## Specific Plays (missions)

**STEP 3:** Decide aggressive or make them return bad

11. Come in behind all their 2<sup>nd</sup> 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 approaches shots
20. Use a drop shot / lob tactic



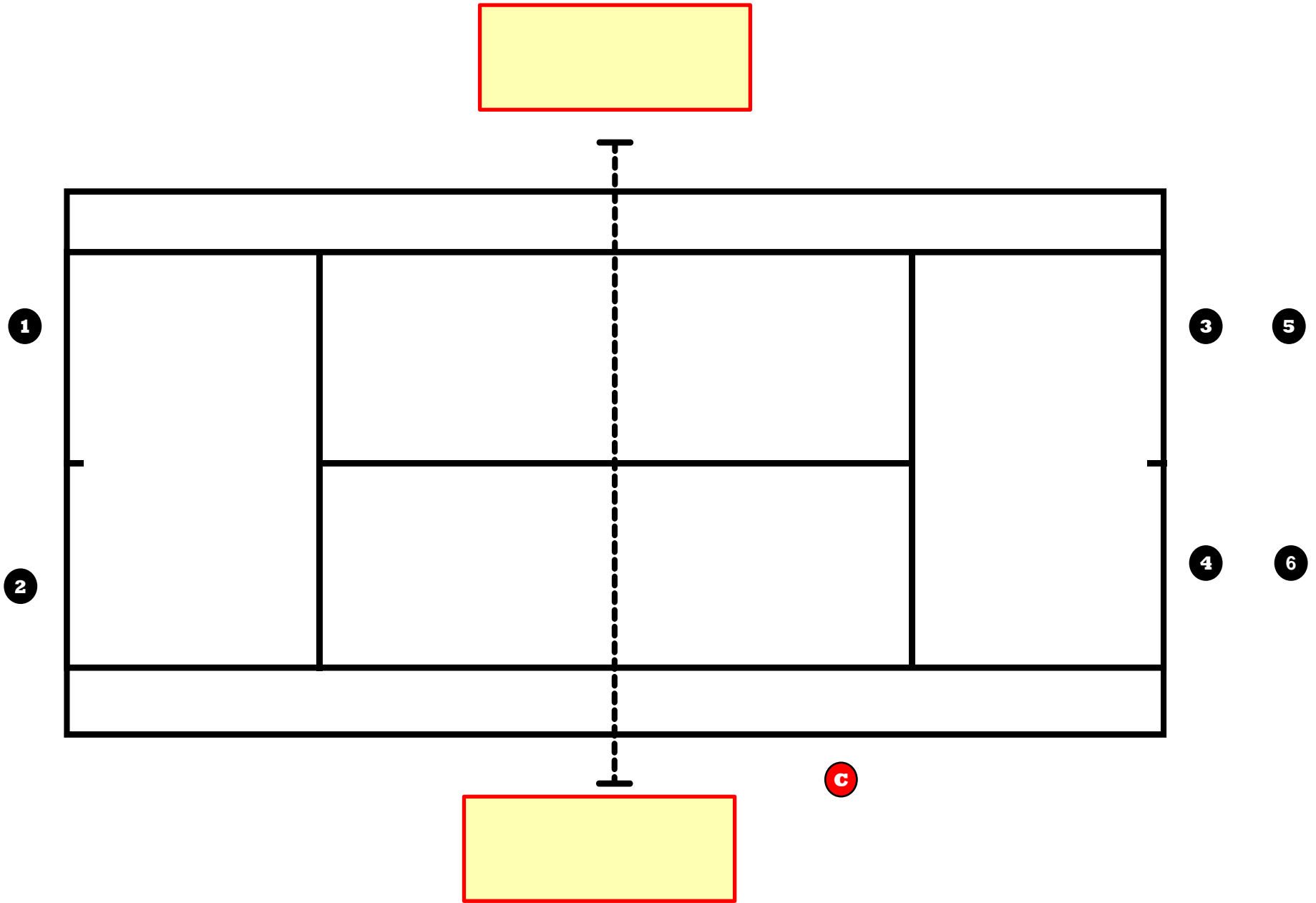


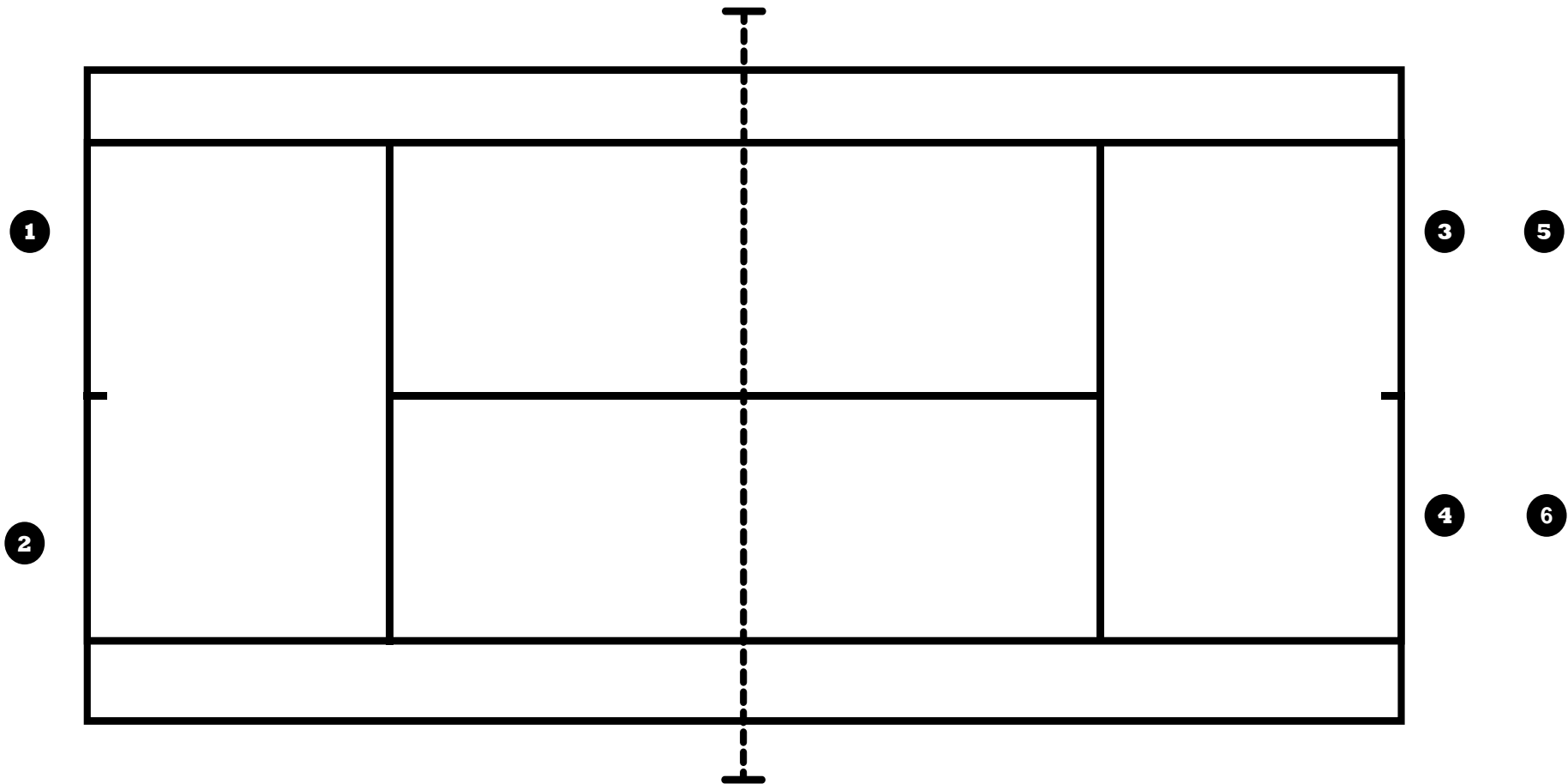
**Auto Rotate**

**vs.**

**Win to Rotate**







# Demo Time

