

LIVE CALL

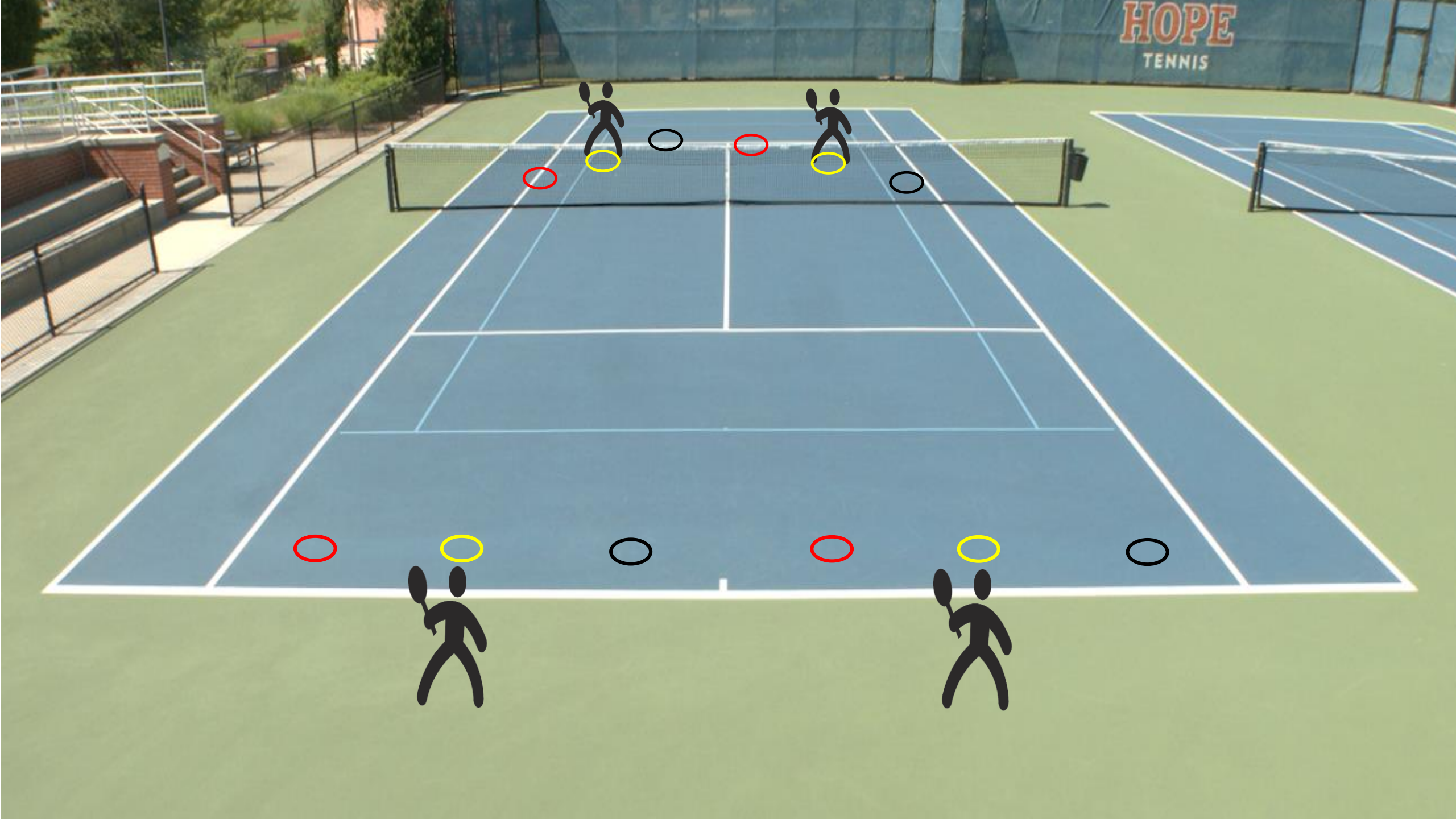
Sunday

May 2, 2021

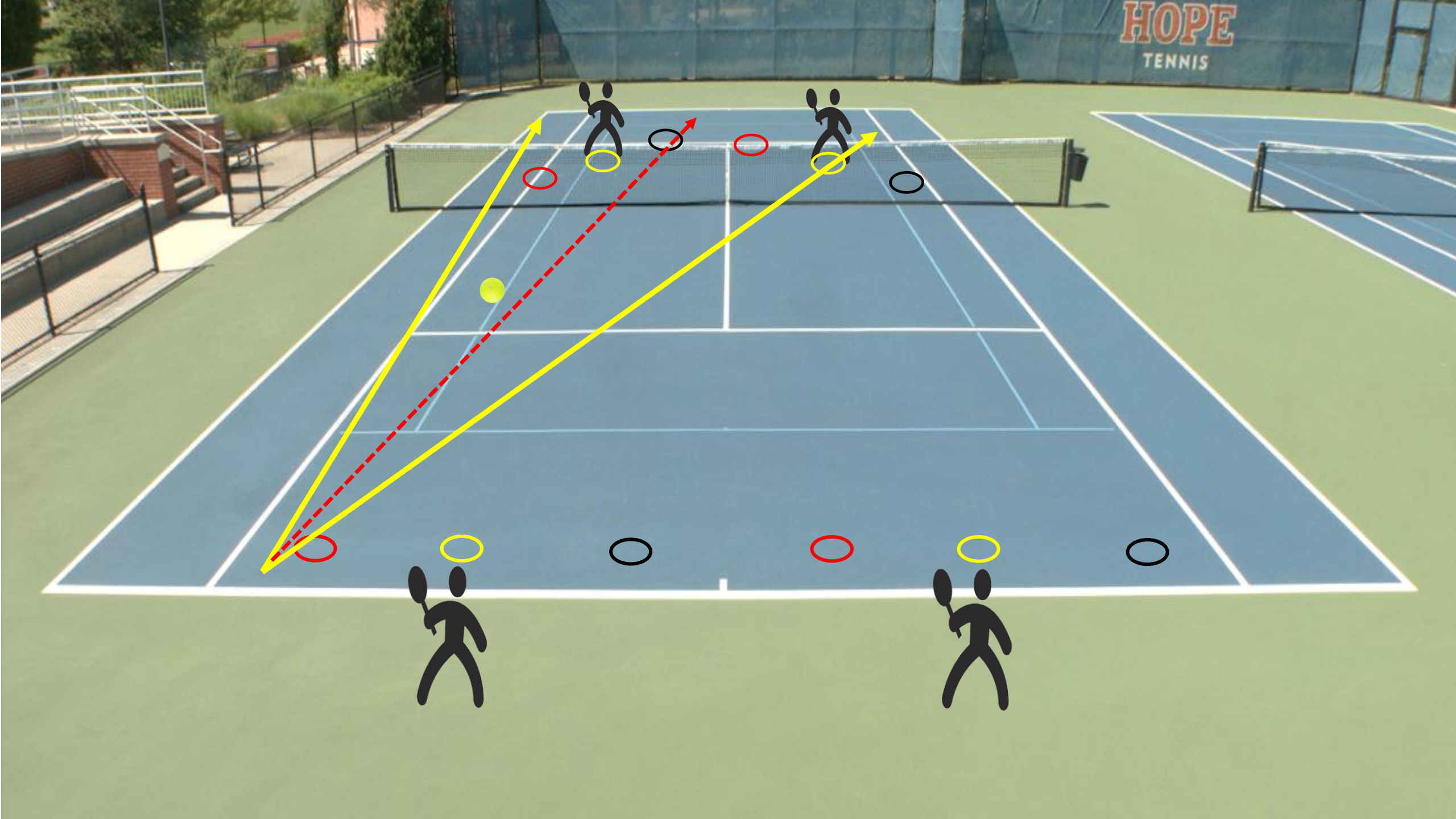
Jorge Capestany

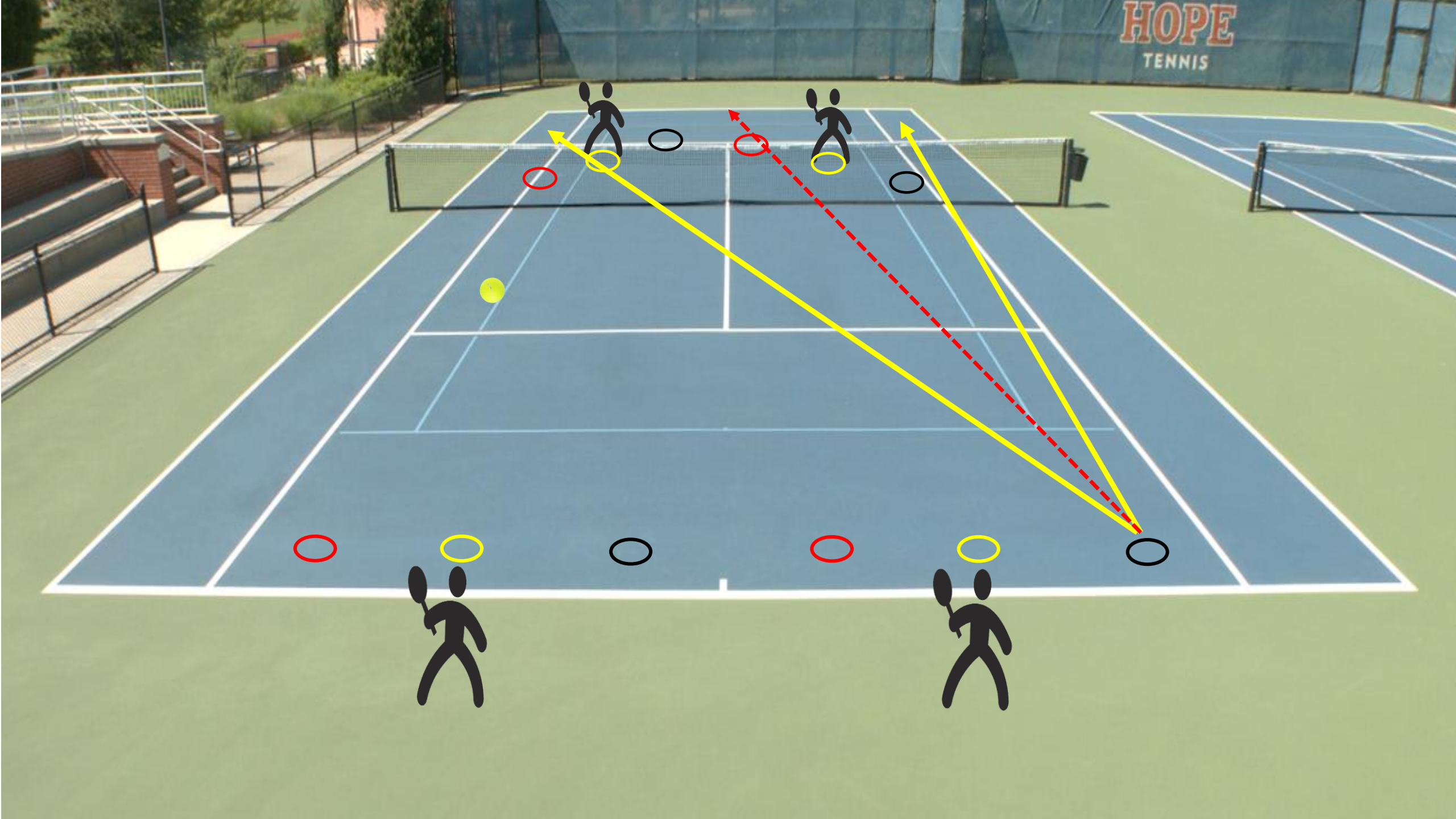


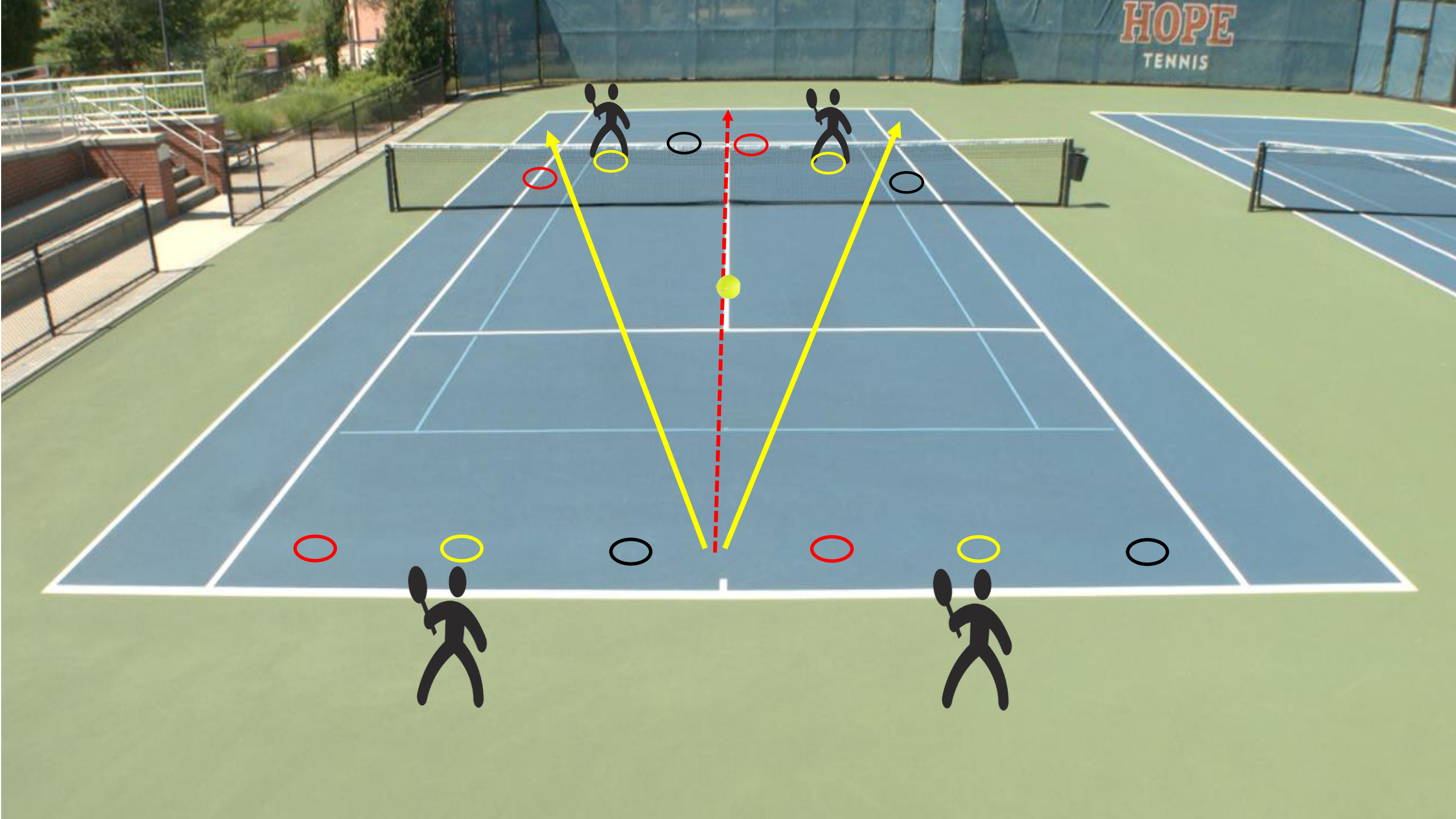
Q: What is your opinion in doubles, when 2 people are at the net, should they be staggered where one person is closer to the net and one staggered back some... Gigi Fernandez says you should be staggered. Opinion?



HOPE
TENNIS











Q: I am a senior player, 3.5-4.0, who plays only doubles. During a tense match I have double-faulting problems with my toss going all over the place. Is there a simple serve I can use to just get the ball in with pace and/or spin so I don't automatically lose the point and frustrate my partner?.

- Are you competing enough (match play)
- Emergency Serve
- Plan with your partner (what should they do)

Q: I would like to know the STANCE while hitting FH and BH strokes especially the **Left leg** should be pointing in which direction for a down the line or cross ct. I am a Righty. **Jude**

1. Open stance
2. Semi Open stance
3. Neutral stance
4. Closed stance

STANCES

Open stance	 <p>A diagram illustrating an open stance. A large red arrow points vertically downwards on the left. To its right, there are two black footprints. The front footprint is angled away from the back footprint, pointing towards the upper right. A small red arrow points from the heel of the front footprint towards the lower left.</p>
Semi Open stance	 <p>A diagram illustrating a semi-open stance. A large red arrow points vertically downwards on the left. To its right, there are two black footprints. The front footprint is angled away from the back footprint, pointing towards the upper right. A small red arrow points from the heel of the front footprint towards the lower left.</p>
Neutral stance	 <p>A diagram illustrating a neutral stance. A large red arrow points vertically downwards on the left. To its right, there are two black footprints. The front footprint is angled away from the back footprint, pointing towards the lower left. A small red arrow points from the heel of the front footprint towards the lower left.</p>
Closed stance	 <p>A diagram illustrating a closed stance. A large red arrow points vertically downwards on the left. To its right, there are two black footprints. The front footprint is angled away from the back footprint, pointing towards the lower right. A small red arrow points from the heel of the front footprint towards the lower left.</p>

Q: What are the best things to mention / bring up to players during changeovers in a match? **Anna R**

1. Bring them into the correct state of mind
2. Will they give it, or do you have to take it?
3. What do you imagine their coach is saying?
4. What would they like to see happen?

Q: Should a tennis instructor **specialize** in just tennis or be more general teaching Tennis, Pickleball, Paddle, Spec Tennis, Squash, Racquetball, other? **Paul L**

1. Depends on the club
2. I've found few clubs where you can specialize
3. What does the boss want?

Q: How can I get a raise at my club?

8 stages of a tennis pro career path

- 1) Clinic assistant:** Typically, a high school or college student that is just assisting with clinics after school. Does not lead any classes nor does any private lessons. Has not yet chosen tennis as a career.
- 2) Instructor:** Typically, an entry level pro that mostly assists with classes but may also lead some (but not all) classes. Just starting out doing private lessons and is considering tennis as a career. Could be full or part time in their tennis career.
- 3) Assistant pro:** a more experienced pro that typical can lead most (but not all) levels of classes. They also teach private lessons and are early in their career in tennis. They may or may not stay in the tennis industry. Could be full or part time in their tennis career.
- 4) Staff pro:** full time tennis pro in the industry. Should be able to lead all levels of classes and can recruit and maintain a steady clientele of private lessons.

Q: How can I get a raise at my club?

- 5) **Head pro:** experienced pro that leads most classes he teaches. Has a large and loyal clientele of private lessons. Has the ability to train and supervise other pros. Preparing to become a Director of Tennis. Is full time in the tennis industry.
- 6) **Director of tennis / sports:** very experienced and successful teaching pro. Has had a long career of being in court but now teaches fewer (if any) hours on the court. Sets the direction of the tennis program and hires and trains the tennis pro staff and other racquet sports professionals.
- 7) **Tennis manager:** similar to Director of Tennis, but may also be managing or overseeing other areas of the club.
- 8) **General Manager:** no longer in the tennis department and now oversees all operations of a club or tennis business.

Q: What is the best progression for getting players who hit frying-pan flat serves to hit slice? **Doug**

This is a grip change issue

Explain the 4 stages of mastering spin

- 1. Spins just a few feet away from server**
- 2. Spins into the net**
- 3. Goes over the net but is a “sitter”**
- 4. Goes over the net but is NOT a “sitter”**

Q: How can I get my more pros from my club on
TennisDrills.tv **Jim B**

We now have corporate memberships

You can save money through Cont. Ed now

Contact: support@CapestanyTennis.com