

LIVE CALL

Sunday

Aug 8, 2021

Jorge Capestany

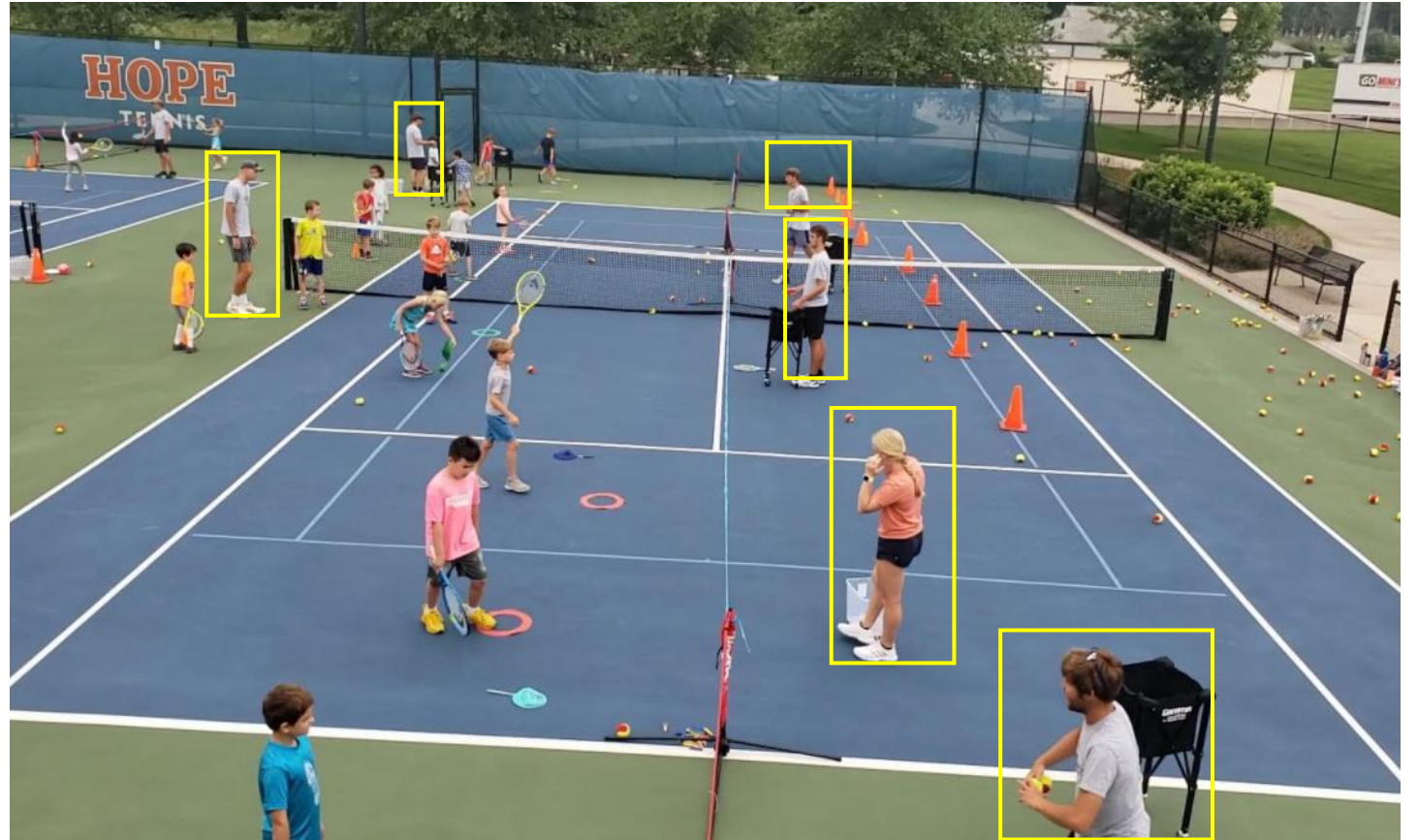
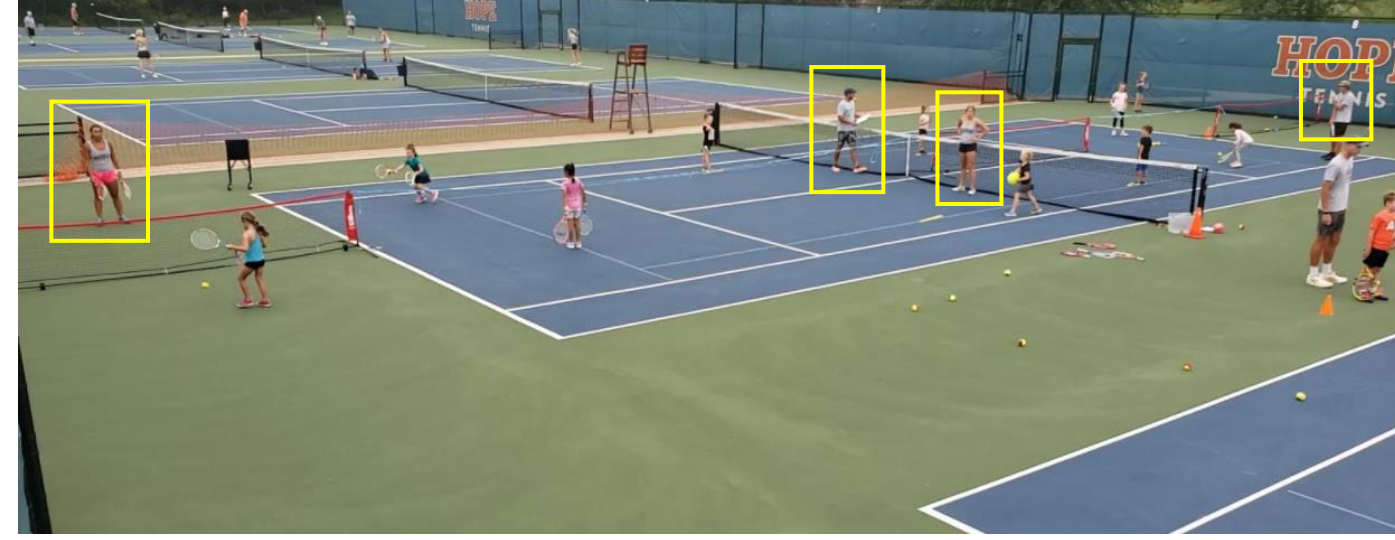




Q 1: Growing junior program and struggling to create a program that works for kids. I have so many different levels and ages. Is Hiring help my best solution so I can run multiple classes and courts at the same time?

Michael

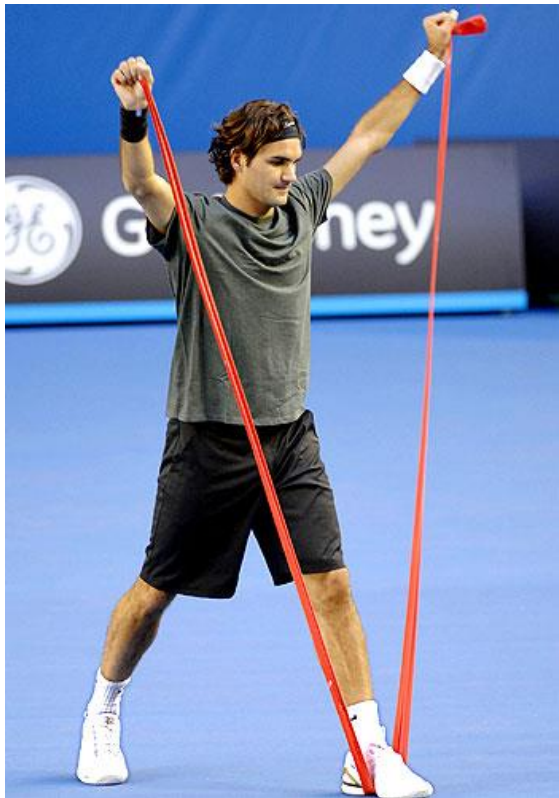
- 1) Consider classes by Grades vs Ages**
- 2) Offer every class as a weekend option**
- 3) Offer a PLAY opportunity**
- 4) The goal is TWICE a week**





Q 2: I'm a HS coach here in Michigan.. What are some of your best in-season weight training tips. Do you recommend bands, medicine balls, jump ropes, dumbbells, a combination? What about free weights?
Jerry

Periodization Training is the deliberate manipulation of training variables to optimize performance for competition, prevent overtraining, and progress performance.





Q 3: Any good ideas/progressions for positioning to smash for club players in doubles, as they struggle to get sideways on. Preparation before ball crosses net, etc? i.e. Anticipate lob, etc.
Ian

Step 1: Think Quarterback

Step 2: Receive a Lob – Catch Ball

Step 3: Catch Ball – toss and serve it back

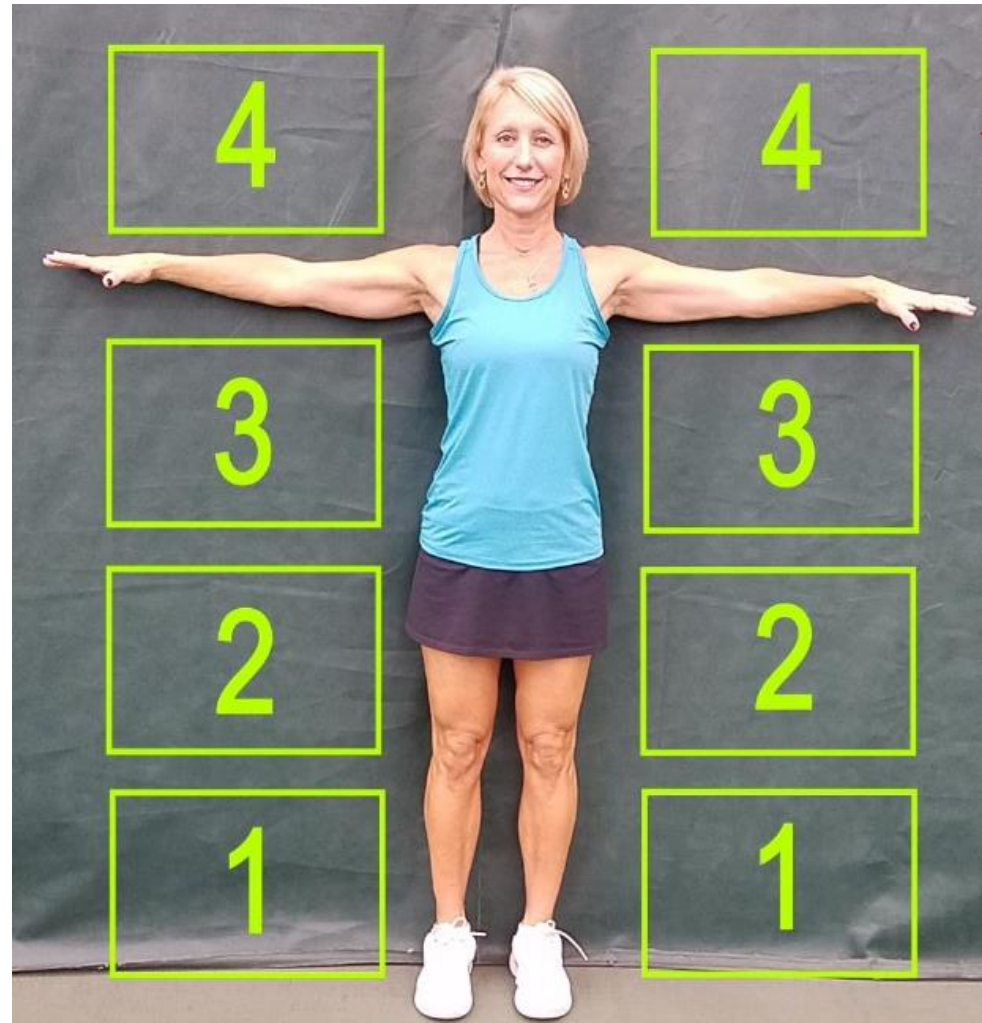
Step 4: Receive a Lob – Hit the OH



Q 4: I have a HS singles player that wants to **jump** when he hits backhands. I think this is hurting his game because I think he is less accurate, and it creates bad footwork. Thoughts? **Randy**

Two main reasons why people jump on the backhand

- 1) Showing Off
- 2) Avoiding strike Zone 4





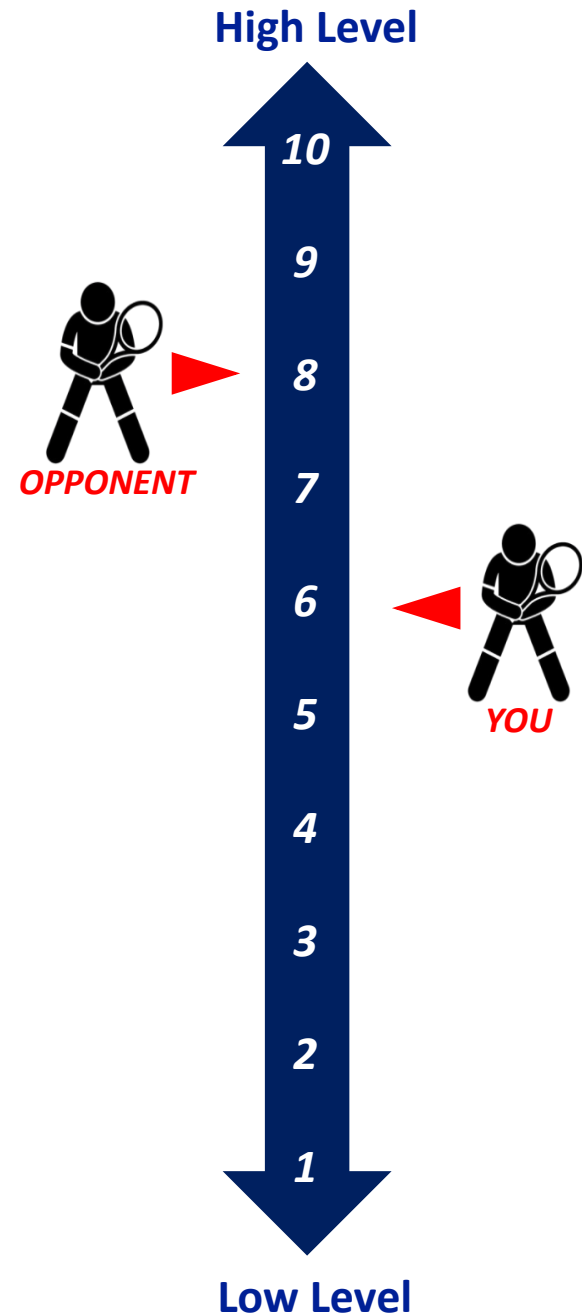
Q 5: Can you explain your idea of Sabotage and when a player should use it? Should I be trying to get my HS players to learn this? **Bill**

THERE ARE **TWO** WAYS TO WIN A TENNIS MATCH

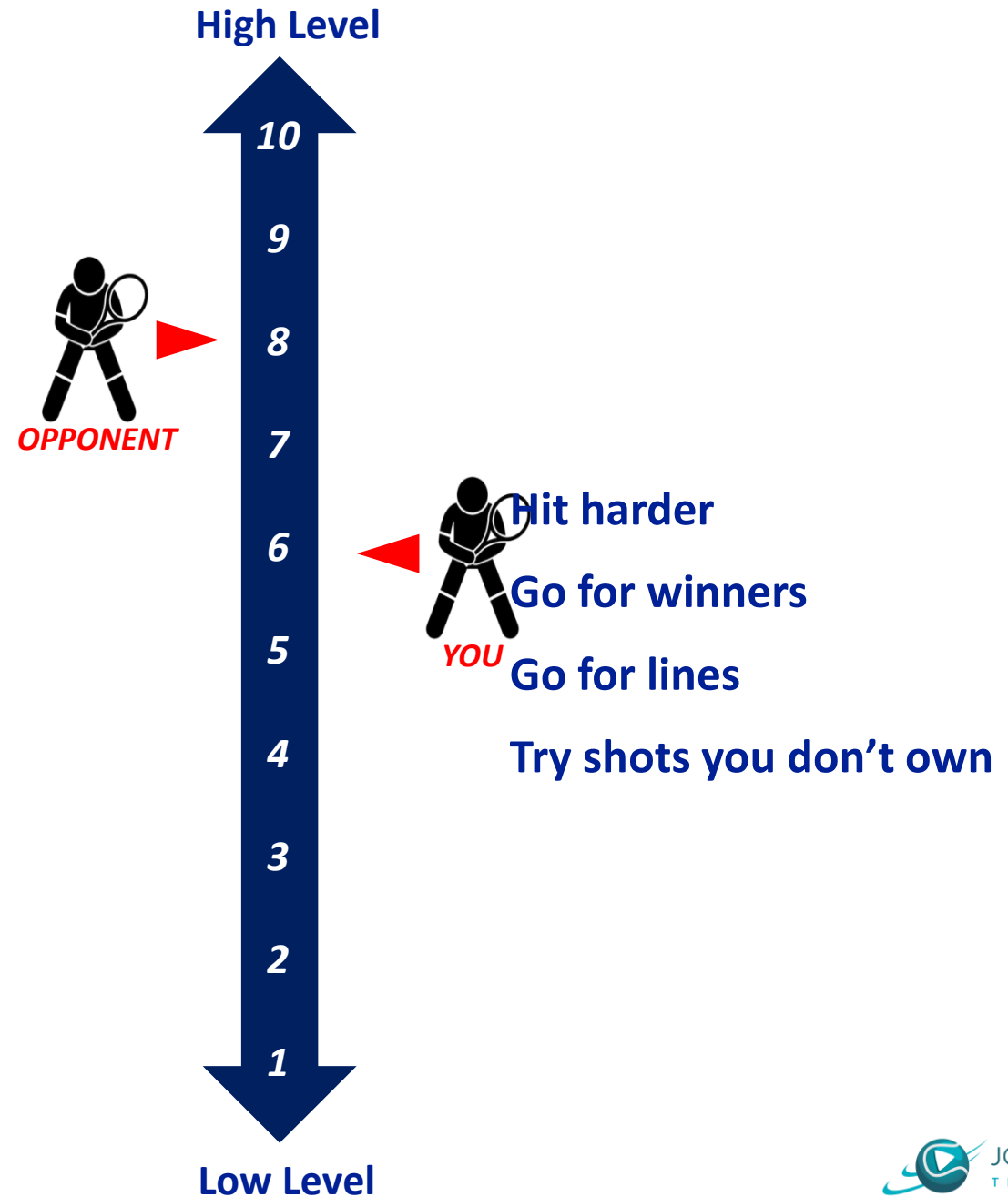
- 1) Play **BETTER** than your opponent
- 2) Make opponent play **WORSE** than you

**It's easier to make your opponent play worse
than it is to make yourself play better**

What typically happens...



What typically happens...



What typically happens...

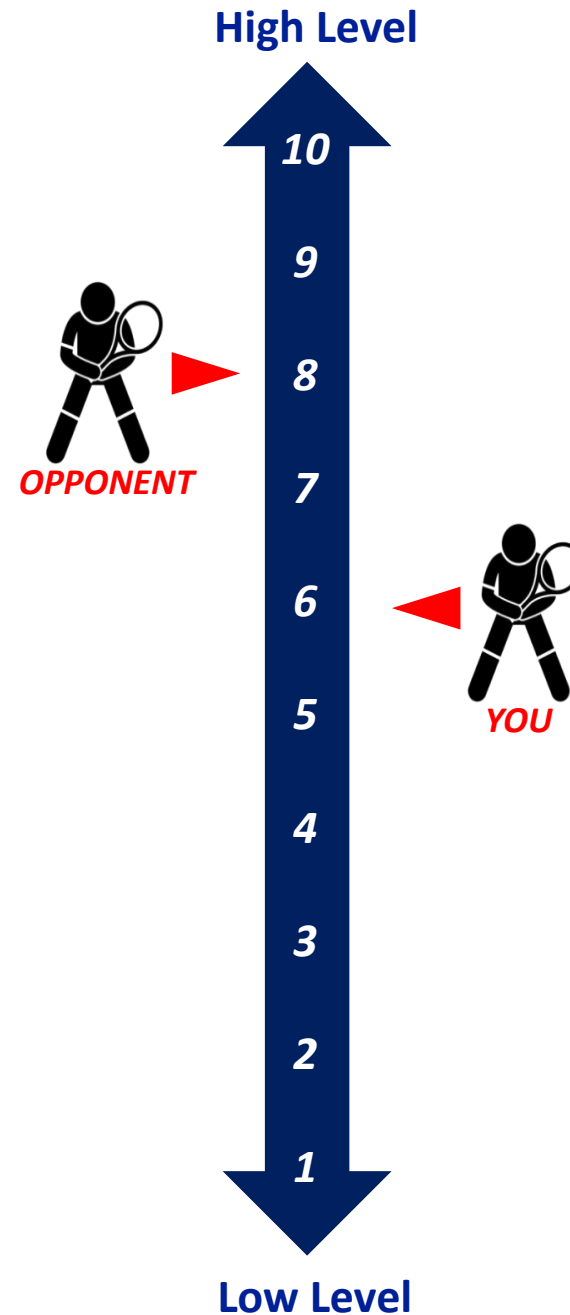
SABOTAGE

Hit Slices

Hit drop shots

Mix up the pace

Hit Moonballs



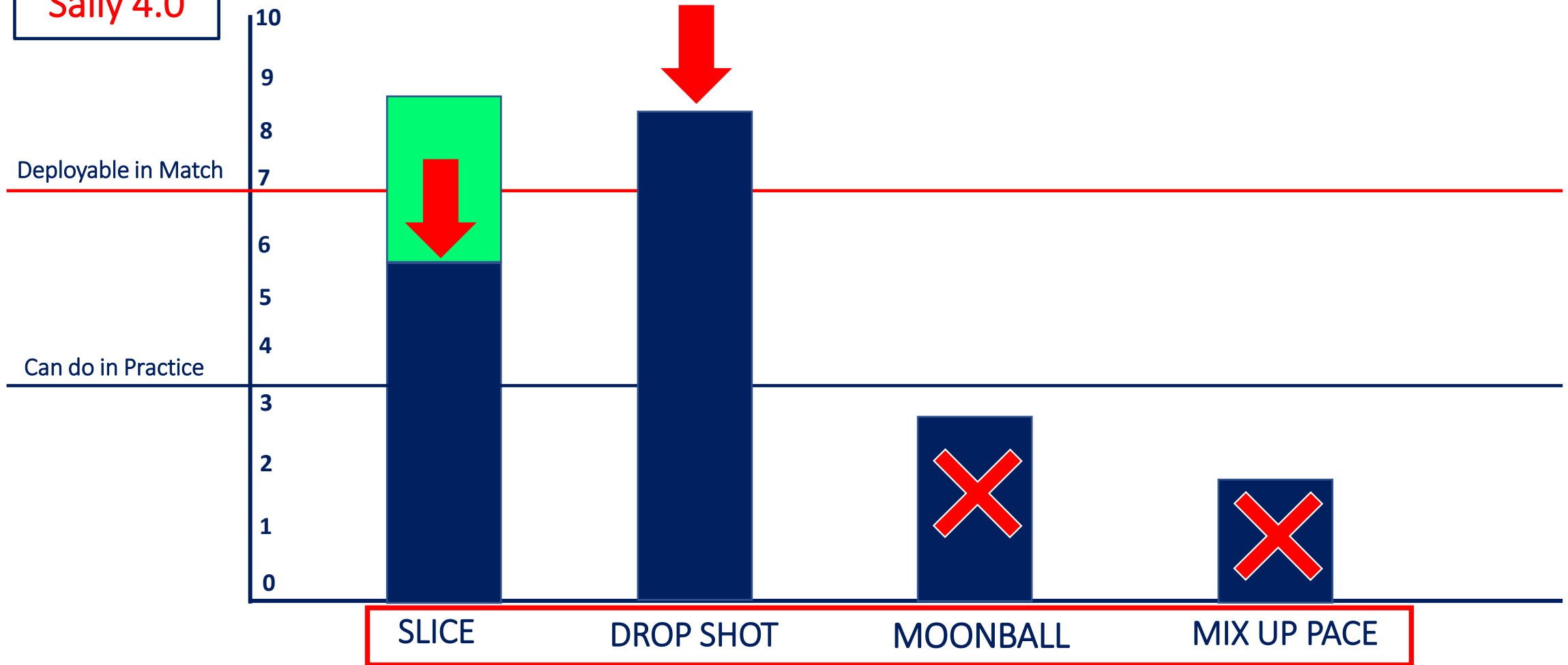
The **SECOND** way to win a match is **Sabotage**

So why doesn't everyone use sabotage?

- Stubborn ... “I want to play GREAT”
- Never occurred to them
- Have not mastered any Sabotage skills

SABOTAGE TACTICS AUDIT

Sally 4.0



What about the Pros?

Sabotage in pro tennis is rampant.

BUT... It's NOT obvious

Example – French Open 2021

Men's Final 2021 French Open

- Novak Djokovic vs Stefano Tsitsipas
- **49 Total Drop Shots!**
- Djokovic hit 27 drop shots, 9 for clean winners
- Tsitsipas hit 22 drop shots of his own
- Average of one drop shot **every 6 points**

Takeaway...

Decision Time...



Q 6: How do you teach the racket take back on with the unit turn. Seems like there is a lot of views on this and especially between the men's and women's game. Range of acceptability?
Barbara





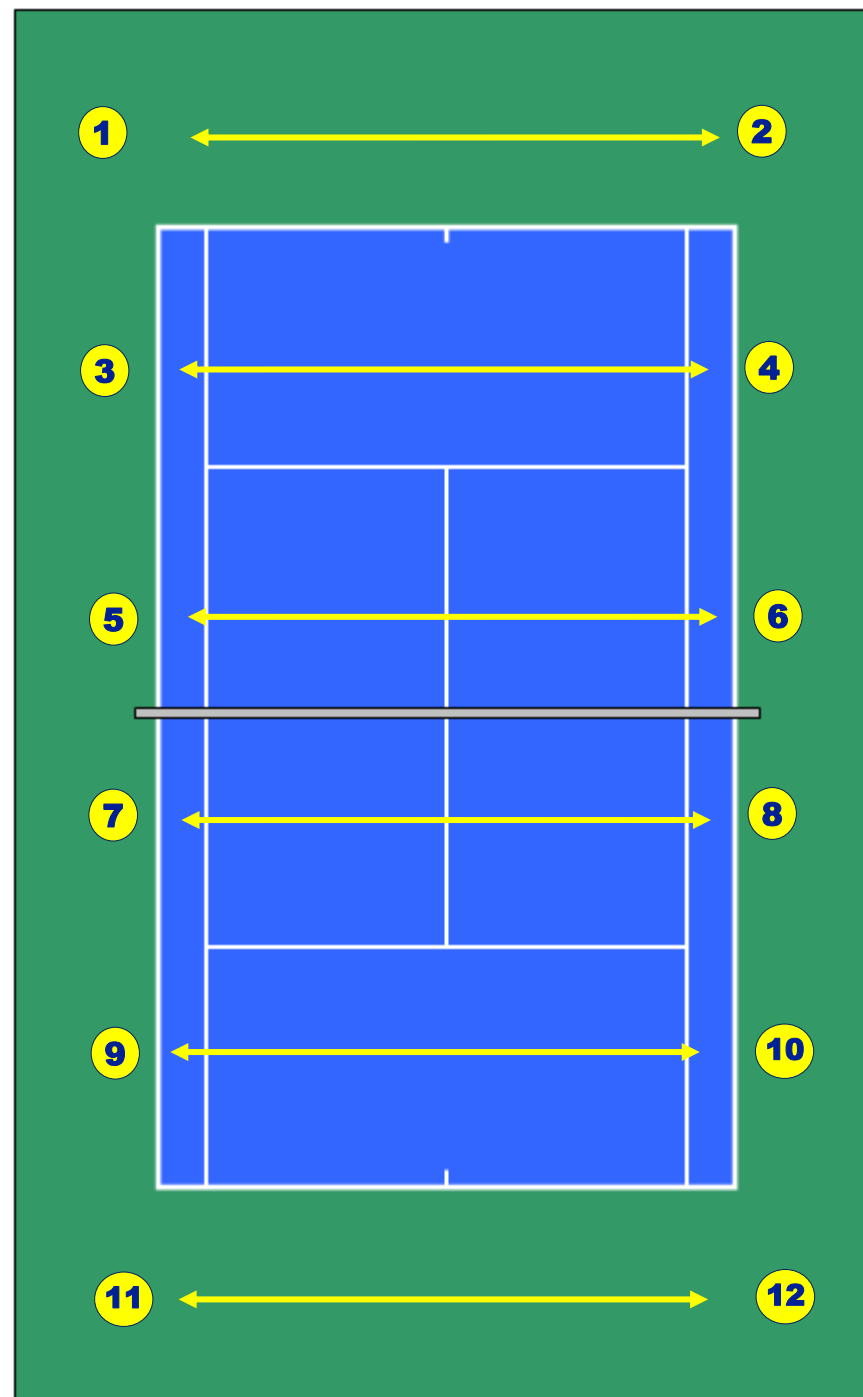
Q 7: I am a HS coach. What is the best way to warm-up 12 players on a court? After the warm-up, I want to do drills with the girls but feel it is necessary to warm-up the groundstrokes, volleys and serves before we get into the drills.

Paula

Body vs Stroke Warm Up

Body WU – **off court**

Stroke WU – **on court**





Q 8: What are some helpful tips you can share on helping players develop consistency on their groundstrokes and serve? **Shelby**

ReDefining Consistency

AVERAGE RALLY LENGTH	
0-4 Shots	70%
5-8 Shots	20%
9+ Shots	10%

DRILL: Consistency Battle