

LIVE CALL

Sunday

Jan 29, 2023

Jorge Capestany





Q 1: Partner with Patrons - thoughts on how to get our community, Sponsorship, Businesses, Corps, etc more involved and how best to spread the word. - **Gary**

Get Sponsorships

- 1. USTA District**
- 2. USTA Section**
- 3. USTA Foundation**
- 4. Members with businesses**




Q 2: I work with small groups (4-8 adults), ranked 2.5-3.5. Some like to play singles, some only doubles. What skills and drills are best for an hour of training each week over a summer of weekends? **Peter**

Lesson Plan (1 hours)

* Warm Up

1. Baseline Drill
2. Net / Transition Drill
3. Pass / Lob Drill
4. Serve Drills
5. Return Drills



The 5 Play Situations

* Fun Class ender



Q 3: When to change your strategy during a match (that is, how to decide the strategy isn't working)? Down a set? Down a set and a break? **Styv**

When to Change your Gameplan

FIRST SET:

- Down 2 breaks

SECOND SET:

- Down 1 break

IMPORTANT FACTORS:

- Must switch to something that **INCREASES** your chance of winning
- Must switch to something that you can actually do (deploy)
- Think about what opponent would **NOT** want you to do

When to Change your Gameplan

Aggressive Baseline:

- Aggressive **baseline** play
- Steady **baseline** play
- Moonballing from **baseline**
- Slicing and hacking from **baseline**
- Dropshots from **baseline**

Aggressive Baseline:

- Aggressive baseline play
- **Serve & Volley**



Q 4: Where can I find your recently updates Blog section? **Jim**

Updated Blog:

[Updated Blog on TennisDrills.tv](#)



Q 5: Best style of play for 12 year old daughter playing competitive tennis. First strike tennis versus long rallies (Spanish style). What is your viewpoint? **RJ**

Best Style of Play for Young Player

The All-Courter 

The Wimpy Server

The Big Server

The Drop Shot - Lobber

The Runner / Pusher 

The Counter Puncher

The Serve & Volleyer

The Huge Forehand

The Moonballer

The Aggressive Baseline 

The Steady Baseline

The Slicer / Hacker

Must Customize Style Per Player

1. Physical Traits

- Tall / Short
- Fast / Slow

2. Personality Traits

- Patient / Impatient
- Calm / Volatile

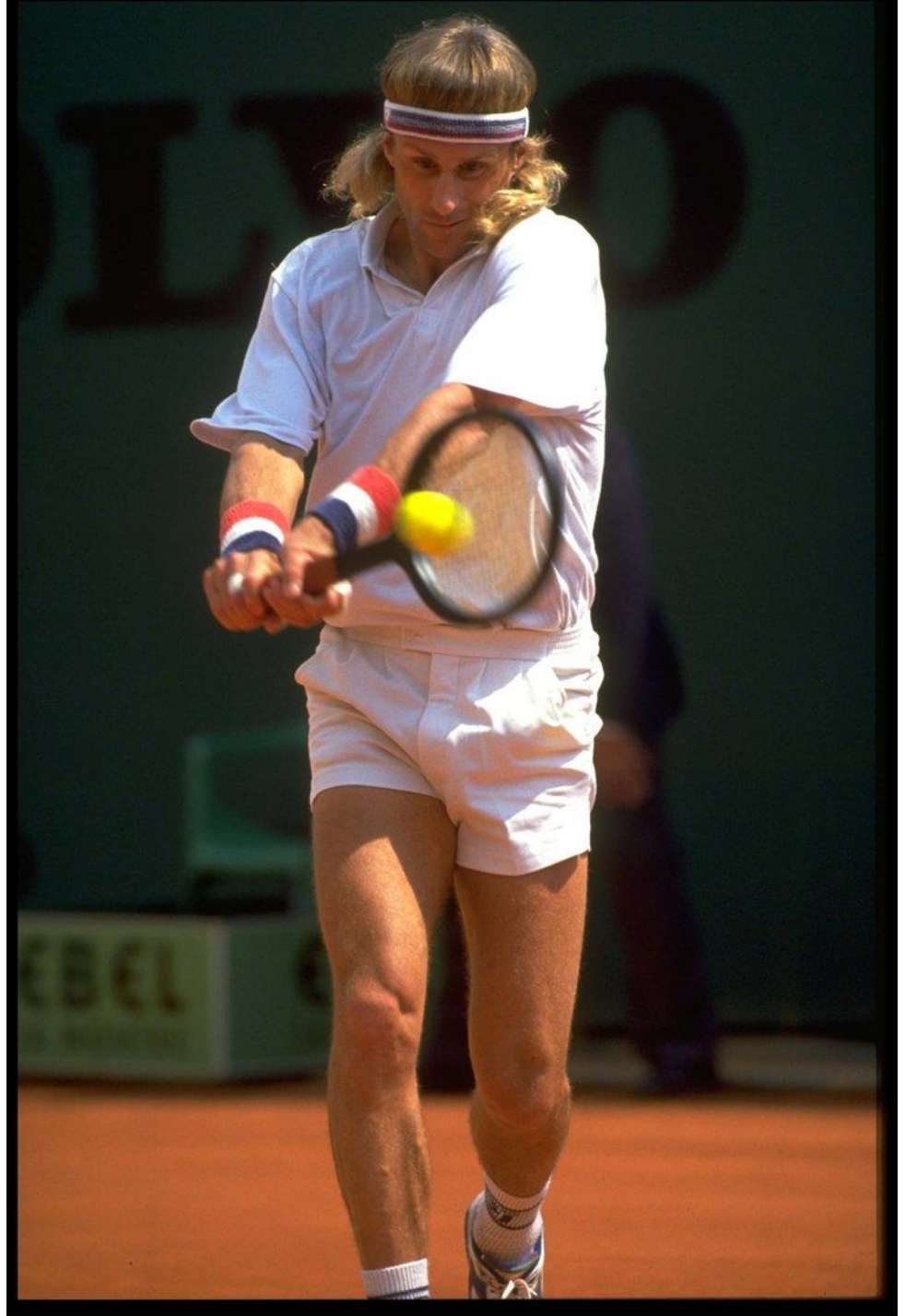
Good Styles:

- All-Courter
- Big Server
- Serve & Volleyer
- Huge Forehand
- Aggressive Baseline

Bad Styles:

- The Drop Shot - Lobber
- Runner / Pusher
- Moonballer
- Steady Baseline
- Slicer / Hacker







Q 6: Best new thing you learned about tennis strategy or technique in 2022?
Styv

Strategy & Technique Takeaways

STRATEGY

- 1. Checker not chess**
- 2. Plan 2-3 shots ahead**
- 3. Run Plays**
- 4. Opponent is most important**
- 5. Think other side of net**

TECHNIQUE

- 1. Addiction still exists**
- 2. Use checkpoints**
- 3. Use video**
- 4. Range of Acceptability**
- 5. Style vs Substance**



Q 7: What one or two things could I work on to get step change improvements in my doubles game?

Denita

Doubles Improvement

- 1. Master Serve Location**
- 2. Master the Doubles Dance**
- 3. Use Return Targets**
- 4. Develop Solid Net Skills**
- 5. Hit Overheads at 70% Power**
- 6. Develop Killer Defensive Skills**



Q 8: Please give some games for doubles when there is an odd number. Running out of ideas for both junior and adult clinics. **Sarah**

Doubles Odd Number

- 1. All About the Rotations (on-deckers)**
- 2. Odd man rotates in after certain # points**
- 3. Odd man rotates in after an error**
- 4. Odd man rotates in after clean winner**
- 5. Odd man rotates in after certain amount of time**
- 6. Pro plays in to make numbers even**

THE END

