

**LIVE CALL**

**Sunday**

**April 14, 2024**

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**Jorge Capestany**





**Q 1:** How do I get players with two handed backhands to hit one handed volleys? Information to support this change in technique. **Tricia**

# 2 hander with 1 Handed Backhand Volley

## The Linda Tran Story

- Immigrants from Vietnam / Promotion we ran
- Midwest Champion
- Nationally Ranked
- Gold Ball Girls 18 Indoor Championship
- NCAA All American at Indiana University
- **Must prove she could hit underspin volleys**



**Q 2:** After hitting a strong baseline shot, how do you temper your mind and body to hit an effective approach shot. **Gina**

# Stay Calm on Approach Shot

**Tennis is a Game of Exchanges**

**You can win two ways**

- **Playing Catch or**
- **Playing Keep Away**

**Challenge is shot selection**

# Shot Selection

Best way to masters shot selection is **Color Coding**

Every ball you receive must be sent back (decision)...

- **Yellow = neutral ball**
- **Red = in trouble, on the run or shortening stroke**
- **Green = opportunity chance to hit harder**

# Color Coding

## Losing Breakdown

Yellow = neutral ball **50%**

Red = in trouble **10%**

Green = opportunity **40%**

## Winning Breakdown

Yellow = neutral ball **70%**

Red = in trouble **20%**

Green = opportunity **10%**



**Q 3:** Partner issue.. I try to be very positive but when you always start matches in a deep hole because of his inconsistency, that begins to hurt my play. **Mike**



# Partner Chemistry - 20 Questions

- 1) Do you like to play the add side or the deuce side?
- 2) What would you like me to say or do after you miss an easy shot?
- 3) What would you like me to say or do after you make a double fault?
- 4) Do you want to use signals or not?
- 5) Who do you think should serve first when we play?
- 6) Do you like a partner that is loud and intense or quiet and reserved?
- 7) Which one of us should be responsible for questioning bad calls?
- 8) What should our plan "A" be when we play?
- 9) What should our plan "B" be when we play?
- 10) What should our plan "C" be when we play?

# Partner Chemistry - 20 Questions

- 11) How much time after a loss would you like to wait before we discuss the match?
- 12) What can I do on the court to help your confidence stay high?
- 13) Who should serve into the sun if it is in a bad spot?
- 14) What kind of pre-warm-up rituals (before we get in the court) should we do?
- 15) Do you like to hear advice and coaching from me while we are playing?
- 16) Do you want me to walk to the baseline between points with you when you're serving?
- 17) What is the best thing for me to say to you when you are getting mad or frustrated?
- 18) Should we always elect to receive when we win the toss?
- 19) Are there certain people that will make you play better if they are watching?
- 20) Are there certain people that will make you play worse if they are watching?

# Partner Chemistry

## Doubles Partner Mojo – between point rituals

1. Eye Contact - find each other
2. Come together – physical touch
3. Walk back to baseline
4. Release and jog to position

## Doubles Traffic Partners (VIDEO)



**Q 4:** New coach here. I know you offer a bunch of videos on your page (I'm subscribed) which videos would you recommend I watch first? **Alfredo**

# New Coach – where to start

**1. Onboarding Course**

**2. Lesson Plan Templates**

**3. *The Lab***

***See it Here***



**Q 5:** When you serve and volley, when should you split step? Is it different on a first or second serve?  
**Elise**

# Split Step Timing

High Speed film proves...

When the opponent strikes the ball, you are at the peak of you bounce... in the air

Video Breakdown

# Landing the Split Step

**Most often, both feet do not simultaneously touch the ground**

**Tsonga Split Step Breakdown**





**Q 6:** What are some of the best methods to help brand new juniors (yellow ball) with proper serve technique. **Darin**

# Proper Serve Technique

**There are two parts to Serve Development**

**1. Technique - 9 checkpoints**

**2. Tactical - strategy**

# Nine Serve Checkpoints

## The NINE Serve Checkpoints

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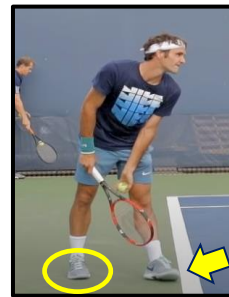
### Before the Serve:

**Grips & Stance:** The continental grip is non-negotiable. Stance should be comfortably to the side as if you are shooting a bow and arrow



### 1) RITUALS

Player should have their **weight on the front foot** and racket should be inside the baseline. Feet should be at least shoulder width apart.



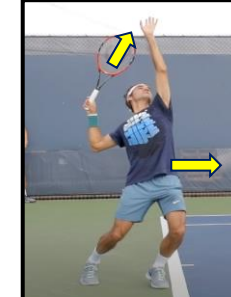
### 2) WEIGHT TRANSFER

Players should transfer their weight to the back foot, **racket should remain in front** but the of the body.



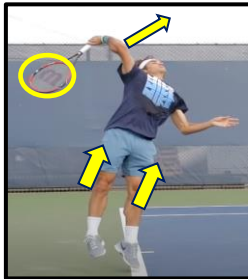
### 3) BALL RELEASE

Players arms should be staggered with palm down. **Toss release should be about eye high.** The weight begins to transfer back to the front foot.



### 4) LOADING (TROPHY)

Player's left hip and/or knees should extend inside the baseline. Arms staggered. **Racket head up towards sky.** (no waiters tray)



### 5) LAUNCH

Players launch up and forward into the court. **Pull with lead elbow.** Strings should be visible from the side. Hips are still facing to the side.



### 6) POINT OF CONTACT

The left arm collapses in towards the chest/ribs. **The hitting arm should be fully extended** with no "pike" in the hips. Eyes should be up at the ball.



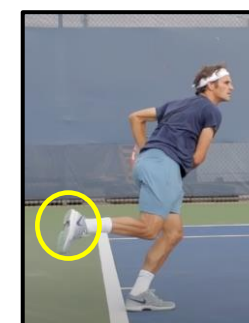
### 7) ARM ROTATION

The **hitting side of the strings should be facing the camera** now. Inverted elbow and thumb is pointed down revealing the fingers.



### 8) LANDING

The player should **land inside the baseline** and on his left foot. The follow through begins to occur on the left side of the player's body.



### 9) COUNTER-BALANCE

Player should be bent at the waist with his **non-landing leg extended backwards.**

# Tactical Serve

## 1. SERVING

**Technical:** Proper grips, stance, and use of the 9 checkpoints.

**Tactical:** Can change speeds, heights, & locations within the box.

Technical Score

1

2

3

Tactical Score

1

2

3

Comments go here



**Q 7:** How would you suggest I improve the consistency of my first serve (while keeping effortless pace/power in a along match?)

**Prakash**

# Improve Serve Consistency

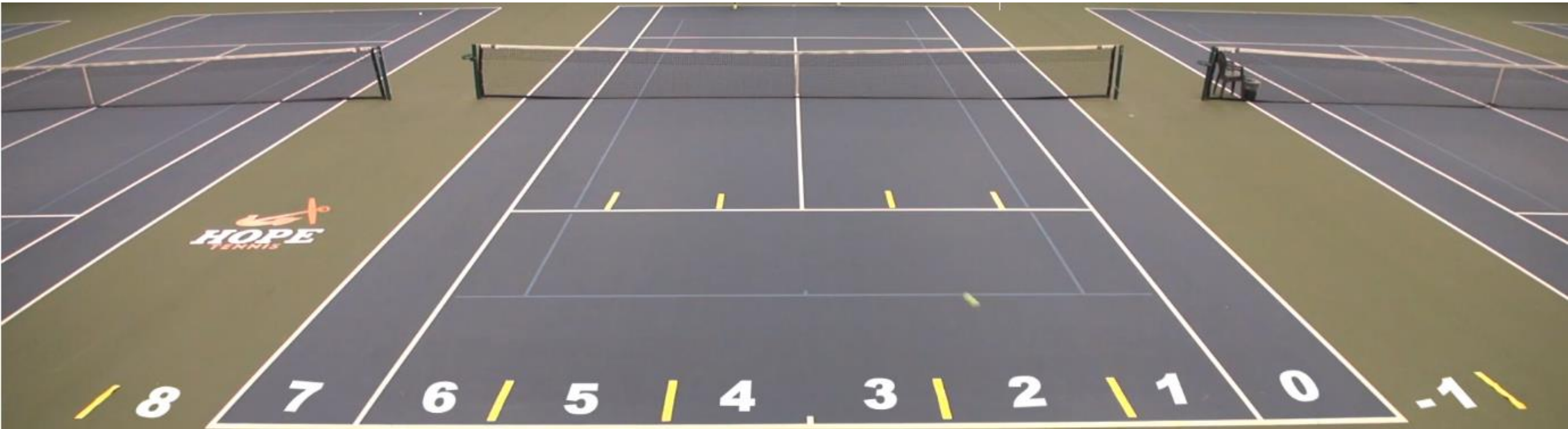
**1. What we just saw**

**2. Develop a practice routine**

- Ground targets / Exit Targets / Strike Zones / Pressure via opponent

**3. Play lots of matches**

# Improve Serve Consistency





**Q 8:** Etiquette question  
- We are an all Girls MS in a league with boys. When the boys are serving, they never have a second ball and run to the fence when they miss their first serve to retrieve the second ball. **Paula**



# Second Ball Etiquette – The Code

**30.** Delays during service. When the server's second service motion is interrupted by a ball coming onto the court, the server is entitled to two serves. When there is a delay between the first and second serves:

- The server gets one serve if the server was the cause of the delay;
- The server gets two serves if the delay was caused by the receiver or if there was outside interference.

The time it takes to clear a ball that comes onto the court between the first and second serves is not considered sufficient time to warrant the server receiving two serves unless this time is so prolonged as to constitute an interruption. The receiver is the judge of whether the delay is sufficiently prolonged to justify giving the server two serves.

# Second Ball Etiquette

- **It's for sure proper etiquette**
- **Perhaps they don't know**
- **Wrong shorts with no pockets**
- **How they react can cost them the match**

# TIME FOR LIVE

