



TOURNAMENT TRAINING POINT SET

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THE AGGRESSIVE BASELINE PLAYER

This baseline player likes to be in control and attack often. On his service games he plays very aggressively, using every ball near the service line as an approach shot. Occasionally he plays serve and volley off of his 1st serve. On the return games he takes the ball early and tries to take charge of the point immediately.

If you are this type of player, the following is what you should focus on:

Technical abilities:

- Your serve and return of serve need to be of high quality. Good enough to take charge early in the point.
- You need a good 2nd serve to avoid your opponent attacking you!
- You have to be able to open up the court so you can take advantage.
- In order to pressure your opponent you have to be able to take the ball early with your return of serve.
- High tempo from the baseline
- Hit 75% of your shots with your forehand. You need a good run around (inside out) forehand
- Solid volleys and overhead

Tactical skills

- You have to be able to recognize your opponent's favorite serve and his best return of serve.
- Take an offensive court position on 2nd serve return in order to take the ball early and start the point on your terms.
- Win the point with short to medium rallies. Errors are acceptable as long as more winners offset them.

Physical strengths

- You need to be fully warmed up to start imposing your will immediately.
- You need to be explosive and quick but you have to be able to play longer rallies with good stamina.
- Inside out forehands require a lot of leg strength!

Mental strengths:

- You need to be sharp right away. In order to rush your opponent you must have time!
- You have to be able to deal with errors. They are unavoidable playing this strategy.
- You need to actively think on how to stay in control of the points.
- You need to radiate confidence to show your opponent who is the "boss" on the court.