



# TOURNAMENT TRAINING POINT SET

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## THE CONSERVATIVE BASELINE PLAYER

The most notable characteristic of the conservative baseline player is the fact that he is a thinker. He likes the challenge of finding and exploiting his opponent's weaknesses. Making fewer mistakes than his opponent is his ultimate goal.

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

### ***Technical abilities***

- High percentage of 1<sup>st</sup> serves so your opponent cannot take advantage of your 2<sup>nd</sup> serves.
- Consistent return of serve, low risk.
- High margin for error on all of your shots so your opponent can only win the point by hitting an amazing shot.

### ***Tactical skills***

- Simple game plan, however, take note of your opponent's weaknesses.
- Hit mostly deep, crosscourt shots.
- Changing the pace and height of your shots to disrupt your opponent's rhythm.

### ***Physical strengths***

- Since the rallies will be long, your stamina needs to be excellent.
- You need to have enough muscle strength to be strong at the end of long matches

### ***Mental strengths***

- You must believe in your strategy. Even if your opponent hits a winner, understand it will offset by errors.
- You need to be patient, and willing to spend a long time on court. This is to your benefit!
- Make it a challenge to break your opponent physically and mentally.
- Be confident in your fitness and consistency.