



TOURNAMENT TRAINING POINT SET

TONNY VAN DE PIETERMAN, COORDINATOR

E-MAIL = AHVDP14@HOTMAIL.COM

WWW.COMPETEWITHTONNY.BLOGSPOT.COM



How to beat a pusher

Defense is *not* a dirty word!

Most tennis players are fanatic sports fans. They watch ESPN Sportcenter every day and follow all major sports in season. In all of these sports, defensive players are celebrated as much as offensive players. Sometimes they are even more appreciated. Think of baseball, where the most important players on the team are the pitchers. A defensive position, mind you.

‘Defense wins championships’ is another often-heard slogan.

When it comes to tennis, especially junior tennis, I often hear the words ‘pusher’ or ‘lobber’ being used to characterize certain opponents. Sometimes players even use these terms as a built-in excuse for losing. Like it is okay to have lost because at least you hit the ball hard!

The key to beating these tough retrievers in tennis might be in the way you think about them. If you respect their game style as an effective and hard-to-beat winning sport strategy you might be on your way to finding answers and solutions to beat them!

The player with some of the best defensive skills is someone called Roger Federer, and Rafael Nadal is probably the best pusher ever to play the game!

So **STOP CALLING THEM PUSHERS!**