

## HOW YOU START AND HOW YOU END THE POINT MASTERCLASS

### PART 1

15 mins - How you end the point

### KEY POINTS

1. Communication – Verbal and non verbal
2. Getting your R&R
3. Spins on serve – how to create and how to deal with it

Right I just want to show you sometimes what we see....  
Demo of what we usually see

1. Not interested
2. Bored
3. No communication

**Ask the question** - *Once the ball goes dead what do you do?*

Who has ever felt stressed, worried, frustrated, generally in a heightened state of emotion? What do you tend to do when you feel like this? The answer is usually rush...

Introduce the idea of getting your R&R in between points Reset and Routine – link this to partnerships, playing with the right partner

### HOW YOU END

1. Reflect, Reset, Routine - Get your three R's- Get everyone to close their eyes - time 25 seconds before getting them to open them. Explain to everyone that is how long you have in between points. Talk about the fact that the pros are often penalised for taking too much time.
2. 3 Second rule
3. Partner before ball
4. Don't make the same mistake twice in a row
5. Being a good partner
  - a. Specific characteristics that make a good partner (make the clients think about situation personal to them and discuss). Everyone is different
  - b. Similar personality
  - c. Emotional state

### PART 2

15 mins - How you start the point

Introduce the concept of Slice and topspin on serve

1. Touch on this from the servers perspective and give top 3 tips for each
2. Talk about this from the returners perspective, what does the ball do, how do you deal with it

### NUGGETS

#### Consistency

1. When serving show the difference in distance to the net when serving T on deuce and wide on Ad. Walk in from the baseline in this direction and count how many steps it is, it is more steps on the ad side therefore you have to hit higher.
2. If you are feeling tight or nervous, increase your consistency by using the body serve as this is much higher percentage, if you miss either side its still in.

#### Accuracy

1. Changing targets (emphasise a wider serve for example if struggling)
2. Magic triangle - net tape and service line
3. Talk about the T-serve and how it brings servers partner into play. If you target a weakness out wide then leave line?