Most points in tennis are won because of errors. Even in the Pros: March/April 2003 Tennis Magazine article, 71% of the men’s ATP 77% of the women’s WTA points ended in errors in the last three major events.

Charting is a great way to keep track of what is happening in a match. I have attached a blank PDF chart that we use in tournaments.

Key points in studying match statistics:
   a. The winner did not necessarily have less “unforced” errors, but a better ratio of winners/unforced errors.
   b. The winner does not necessarily wins a higher percentage of points on their first serve, but on their 2nd serve.
   c. The relates directly to break chances and conversions.

When playing tennis, the objective of any shot should be to try to set us up for a better next shot. By doing this we will:
   a. Make less unforced errors
   b. Create more forced errors for our opponent
   c. Hit more 2nd shot winners or “follow up winners.” This can be defined as: By setting yourself up with a well hit approach shot, the next shot will increase your chances of hitting a much easier winner, instead of going for it on the approach.

One important key is to always recover to the proper place after you hit your shots so this happens a much higher % of the time.

Remember in tennis we play THE BALL not the PERSON. This will help you make the proper shot selections and create less unforced errors.

Your 2nd serve must be able to put your opponents in a defensive position. If you cant do this, then stay away from it and hit your first serve at 70% or so to get it in more and still be effective.
   a. When you are serving a first serve, your opponent is on the defense mentally
   b. When you miss your first serve, your opponent goes from a defensive mindset to an offensive mindset if you can’t still put them in a defensive position with your second serve
   c. Weak second serves can be defined as Approach Shots.
   d. By doing this, you will gain more confidence in your serve and that 70% you were serving with will increase throughout the match.

See you in Episode #3!