



## Realtennis Network – Podcast Episode 006

### The Secret - How to Win the Match Every Time

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In today's episode, I am going to tell you the secret of how to win the match every time! I think it may get you thinking a bit differently out there on the practice and the play court. As players, it is **MUCH MORE IMPORTANT** to think about your performance and not the outcome.

**Let's first define some Performance Goals:** Hitting with more topspin, Keeping the ball deeper, Getting my first two shots in when I serve and volley, Trying to hit three balls in play before I even think about going for it

**OK, now let's define some outcome goals:** I want to be ranked top 50 sectionally by the end of the year, I want to be a 4.0 player within 2 years, I want to win the State Championship

**In a match, outcome goals my sound like this:** I need to win this point, I need to win this game, I need to win this set, I have to beat this player.

When you focus on the outcome, you tighten up, your stroke patterns change, you put much more pressure on yourself.

#### Listener Questions

**Our first question comes from Patrick and he has a strategy question. he asks, "Can you give me some tips on how to play against a pusher?"**

Thank You Patrick, Great question. So let's first define a pusher

#### A pusher is

1. The key here is to stay patient against this player .
2. Most pushers like to push from the baseline, not the net, so try to get them into the net by dropping a short ball to them.
3. Since most of these players are usually fast, making them run won't be an advantage for you
4. Remember too, that you want to hit BEHIND fast players more often because they are already on their way to cover the "OPEN COURT" before you have even struck the ball.
5. Plan on your points being LONG.....

**Our next question comes from Erin. She asks, " Can you help me smooth out my groundstrokes? They never feel fluid and I always feel like I have to muscle them over the net?"**

Ultimately this usually comes from poor dynamic balance (when you are moving) Basically, You are lunging somehow and your center of gravity is not underneath you and this affects how you swing at the ball.

When you are out of balance, you are not able to rotate properly and so you have to use your arms for two things:

**Now, there are some Band-Aid reasons why you may be feeling this way also which might include:** Hitting the ball late (lots of reasons for this), Hitting the ball too EARLY, Hitting balls out of your strike zone, Hitting balls back a different way that they came to you, Using the wrong footwork patterns

**Coach Mick, USPTA/USTA HP**