



# Realtennis Network – Podcast Episode 011

## Emilio Sanchez – Key Factors in Today’s Game

Go to: [realtennisnetwork.com/011](http://realtennisnetwork.com/011)

Today I am honored once again to not hold back and go straight to the top in my quest to offer you instruction from some of the top playing and teaching professionals from around the world and today I have BOTH

In my interview with Tennis Great Emilio Sanchez, former #1 ATP doubles player in the world and former #7 singles player in the world, I hope to do just that. Emilio was the Davis cup coach for Spain as well in 2008 when they won Davis Cup that year.

He is the founder and directs the Sanchez-Casal academy which he and Two-Time grand Slam partner Sergio Casal founded in 1998. The academy is one, if not the largest in Europe, with 130 Full time students from all over the world.

### Key points from today’s interview

1. Developing as an all-court player is very important
2. Playing back will give you higher balls to hit more offensively
3. Competing is KEY to playing well in matches. You have to learn to compete.
4. Tennis is repetition in practice and in matches
5. Big servers have the best opportunities
6. The best players are the ones who can break serve
7. Being able to repeat patterns is important in matches
8. Physical and mental are important factors in winning matches
9. Having the correct tools and using them in matches will create success in matches.

**“ If you can do 30-40% of what you can do in practice, it is an unbelievable match”**

### Links related to Today’s Episode

#### Video of Serving Progression Guide

(go to 4:51 in video): [https://www.youtube.com/watch?v=v\\_uww55GviY](https://www.youtube.com/watch?v=v_uww55GviY)

Barcelona - <http://www.sanchez-casal.com>

Florida - <http://www.asc-florida.com>

Coach Mick, USPTA/USTA HP