

Winning Doubles Strategy Recreational Tennis Players

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And they appear to know where you are going to hit the ball, waiting there to put it away. You can be one of those players. While there are numerous doubles strategies, the most effective for recreational players is to avoid unforced errors. In recreational doubles, eight out of every ten points are decided by unforced errors.

Winning Doubles Strategy for Recreational Tennis Players
Winning Doubles Strategy for Recreational Tennis Players eBook: Donohue, Gerry: Amazon.co.uk: Kindle Store

Winning Doubles Strategy for Recreational Tennis Players ...
To win more of your doubles tennis matches, check out the following tips: Aim for the opponent's feet. If a net player receives a volley, their best bet is to aim for the opposing net player's... Attack the middle of the court. While seamless down-the-line and wide crosscourt shots are golden in ...

How to Win at Doubles - 9 Doubles Tennis Strategies - 2020
Here is the full list of the best tennis doubles strategies. Basic Strategies. Fight For Net Control; Stay On The Move; Hit Balls Deep When Possible; Aim Towards The Feet Of The Net Player; Attack The Middle; Go After The Weaker Player; Serving Strategies. The I Formation; Australian Doubles Formation; Net Strategies. Poaching; Faking; Pinching

11 Best Tennis Doubles Strategies (2020) | A Complete Guide
While there are numerous doubles strategies, the most effective for recreational players is to avoid unforced errors. In recreational doubles, eight out of every ten points are decided by unforced errors. Entire games can roll by without any of the players hitting a winner. The primary cause of unforced errors is trying to do too much with the ball.

Winning Doubles Strategy for Recreational Tennis Players ...
Winning Doubles Strategy for Recreational Tennis Players (Paperback). You want to amp up your doubles game. Maybe you want to win your Saturday morning...

bol.com | Winning Doubles Strategy for Recreational Tennis ...
One of the easiest strategies in doubles tennis to improve your game is coming to the net. The majority of doubles points are won at the net and that means the team who can dominate there will usually prevail. An easy way to control the net is for you and your partner to be the first ones to both move up.

Tennis Doubles Strategies - 6 Ways To Win More Matches ...
They play unorthodox style that obviously works well for them being the most winningniest doubles partnership in tennis history. What the article said was the Bryan Brothers play more of a football strategy with the guy at the net playing tennis as it he is playing singles, the guy behind is watching every move his partner makes an instantly shifting right or left with his front partners moves.

10 Tips for Better Doubles Strategy | The Road to 4.5 Tennis
Winning Doubles Strategy for Recreational Tennis Players: Tips and Tactics to Transform Your Game | Donohue, Mr. Gerry | ISBN: 9781533430960 | Kostenloser Versand für alle Bücher mit Versand und Verkauf duch Amazon.

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How To DOMINATE the Net in Doubles - Tennis Lesson - YouTube
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Winning Singles Strategy for Recreational Tennis Players ...
Tennis Rule Books. In tennis or any sport, understanding the rules of the game is fundamentally important to ensure you're playing accurately and fairly. For many players, the rules of tennis are learned slowly over time through tennis lessons, practice, and competition.

120 of the Best Tennis Books | Hand-picked Favorites
Strategy #3: Play your strengths. The easiest way to improve your performance without changing much is by hitting your best shots more often. In this strategy, if your forehand is better than your backhand you will have to run around your backhand as much as possible and hit your forehand.

Tennis Singles Strategy: 8 Tactics + Drills | TennisGate
When should you break the rules of percentage doubles? Percentage doubles is winning doubles. From the pros to recreational players, the teams that win most often are almost always the teams that...

You want to amp up your doubles game. Maybe you want to win your Saturday morning match more than once a month, or you're slipping down the pecking order on your league team. What do you do? If you're like most recreational players, you double down on improving your strokes. You sign up for lessons, serve buckets of balls, and drill your backhand. While all of these steps are good and will help your game, you won't see the results you're looking for as quickly as you would like. Doubles is much more than the sum of your strokes. While you want to have some combination of a steady serve, consistent return, decent volley, reliable lob, dependable overhead, and good groundstrokes, you also have the twin challenges of playing with a partner and facing two opponents on the other side of the net. The better-and-faster-way to start winning more is to improve your match strategy. Rather than focusing on to hit the ball, concentrate on the where, when, and why you're hitting it. Strategy is so important in doubles because you are playing as a team. All of us have been in those situations where your partner and you are each individually better than either of your opponents, but they beat you every time because they play together. They move as one, cutting off your angles. They always seem to be at the net, keeping you on the defensive. And they appear to know where you are going to hit the ball, waiting there to put it away. You can be one of those players. While there are numerous doubles strategies, the most effective for recreational players is to avoid unforced errors. In recreational doubles, eight out of every ten points are decided by unforced errors. Entire games can roll by without any of the players hitting a winner. The primary cause of unforced errors is trying to do too much with the ball. You hit your first serve too hard and it plows straight into the net. You drive your return down the line and it lands wide. You smash your overhead and it hits the back fence on the fly. When you play strategically, you don't have to try that hard. On every point, depending on where the four players are on the court, there are a limited number of correct shots to hit-often only one-and a correct position to take following your shot. Here's an example. You're receiving serve in the ad court. The server has spun the serve wide to your backhand, pulling you outside the doubles sideline. You may have the urge to drive the ball down the line, but that would be a high-risk shot even if there weren't an opponent standing at the net. You might try a sharply angled cross-court sliced return, but from that depth, you will be hard pressed to keep the ball in the court. And, if you do, the server will likely be well-positioned to hit a volley into the court that you've vacated. The right shot-really the only one-is to lift a lob over the net player's head. You remove her from the equation and force her-and maybe the server-to retreat from the net. With one shot, you steal the serving team's advantage and give your team the opportunity to take the offensive. On the following pages, you will learn how to adapt the concepts of strategic tennis to every situation you face on the doubles court. We will also look at the importance of playing with the right partner, the need for constant and constructive communication between partners, and how developing a shared strategy can give your team an almost unassailable advantage in most recreational doubles matches. Improving your tennis strokes significantly can take months or even years. Improving your tennis strategy enough to start winning the matches you're now losing takes only a few weeks. Knowing where to hit the ball and where to move will have a bigger impact on your game than adding a few miles per hour to your serve or working on your drop volley.

This book is not about how to hit the tennis ball. It's about where to hit the ball, when, and why. It focuses on playing tennis strategically, which is the quickest and best way to raise your game to the next level. For recreational players, developing a strategic approach to the game is the single, most transformative step you can take. In this book, you will learn how to take advantage of the strengths in your game, how to minimize your weaknesses, and how to attack your opponent's game. Most tennis players start by focusing on the mechanics of their strokes. That makes sense. If you can't hit the ball over the net and inside the lines, the rest doesn't really matter. Later, when you're hitting the ball well, it's fun to keep working on your shots. All tennis players love to hit the ball. Unfortunately, stroke improvement has a diminishing return. Early on you improve rapidly, but then the pace levels off. It can be frustrating to work, week after week, month after month, and not see any progress. Developing your strategic understanding of the game completely changes that dynamic. It's difficult to exaggerate how much focusing on strategy can improve every aspect of your game. At first glance, tennis is a marvelously simple game. All you have to do is hit the ball over the net and inside the lines one time more than your opponent does and you win the point. Do that often enough and you win the match. In truth, however, tennis is endlessly complex. That's why it becomes a lifetime passion for so many of us. It's a demanding amalgamation of muscle memory, hand-eye coordination, geometric understanding, stamina, and split-second decision making. Adding another layer of complexity, most of us model our games on professional tennis players. We see them win points by smacking the felt off the ball, going for the lines, serving aces, and hitting topspin lobs from outside the doubles alley. We want to play like that. The catch is we don't have unbelievable hand-eye coordination and don't practice eight hours a day. Is it any wonder, then, that about 80 percent of points in a recreational match end with an unforced error? That's right. Eight out of 10 points-and often more-end because you or your opponent hit the ball into the net or outside the lines. When we come out of top in a match, we like to think that we won. It's probably more accurate to say that we didn't lose. At the core of strategic success at the recreational level is reducing unforced errors. Cutting them by just one or two per set can lead to an exponential leap in matches won. This book are filled with strategies and tactics that you can adopt and adapt to improve your game. You don't need to apply all of them, use only the concepts that work for you. If altering the strategies better suits your game, go for it. Playing strategically will make your game more consistent. You'll become a better competitor, and you'll have more fun.

If you love tennis and you live to play doubles, this Double Strategies was written for you. Whether you're a beginner or an experienced player, I'm sure the tips in this book are going to be a huge boon to your doubles game. Perhaps you play doubles often, but with no clear idea of how to finish points. I'm going to show you how to construct and win points in doubles. Strategy is so important in doubles because you are playing as a team. All of us have been in those situations where your partner and you are each individually better than either of your opponents, but they beat you every time because they play together. They move as one, cutting off your angles. They always seem to be at the net, keeping you on the defensive. And they appear to know where you are going to hit the ball, waiting there to put it away. While there are numerous doubles strategies, the most effective for recreational players is to avoid unforced errors. In recreational doubles, eight out of every ten points are decided by unforced errors. Entire games can roll by without any of the players hitting a winner. Improving your tennis strokes significantly can take months or even years. Improving your tennis strategy enough to start winning the matches you're now losing takes only a few weeks. Knowing where to hit the ball and where to move will have a bigger impact on your game than adding a few miles per hour to your serve or working on your drop volley.

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The tennis classic from Olympic gold medalist and ESPN analyst Brad Gilbert, now featuring a new introduction with tips drawn from the strategies of Roger Federer, Novak Djokovic, Serena Williams, Andy Murray, and more, to help you outthink and outplay your toughest opponents A former Olympic medalist and now one of ESPN's most respected analysts, Brad Gilbert shares his timeless tricks and tips, including "some real gems" (Tennis magazine) to help both recreational and professional players improve their game. In the new introduction to this third edition, Gilbert uses his inside access to analyze current stars such as Serena Williams and Rafael Nadal, showing readers how to beat better players without playing better tennis. Written with clarity and wit, this classic combat manual for the tennis court has become the bible of tennis instruction books for countless players worldwide.

Would you like to win more doubles matches simply by understanding the game better? On the Ball is a valuable guide for doubles players of any level who want to improve their play, and enjoy the game more. Author Gyata Stormon, a three-time Canadian senior doubles champion and experienced coach, will show you the way in this 234-page book. On the Ball will help you to improve your ability to stay alert and focused during each point. Become confident playing your position at the start of the point and to know when and how to make changes. Develop your effectiveness playing one up and back, both up or both back. Refine your ability to communicate and play together seamlessly with your partner. On the Ball is designed to fit into your tennis bag. It's organized into bite-sized topics and includes more than 200 court diagrams, making it easy to understand and put into practice. It's sure to become a trusted companion on your exciting journey of doubles tennis.

Take Your Doubles Game to the Next Level! Whether you're trying to improve your doubles game or are just getting started playing tennis with a partner, The Art of Doubles is the book for you. Author Pat Blaskower is your personal coach, guiding and encouraging you and your partner to play winning tennis by showing you how to: choose a compatible partner determine your jobs on the court learn poaching skills communicate with each other and opposing teams maintain mental toughness use various formations and strategies pick your shots intelligently decide where to play: tournaments or leagues and much, much more! The book also includes detailed court diagrams that show you how to execute offense, defense, and tactical plays; checklists that summarize the most important points of each chapter; and on-court drills to help you improve and refine your skills. The Art of Doubles is loaded with practical, proven tennis strategies that you can put to work immediately to see improvements in your own doubles game!

50-minutes of exclusive tennis doubles instruction and tips featuring top teaching professionals.

Play with Freedom... And Win More! The Best Tennis of Your Life is an inspirational and practical guide that will help players of all levels finally master the mental game. Author Jeff Greenwald draws from his unique background as a world-class player, sports psychology consultant, psychotherapist, and former coach to provides 50 specific tools you can immediately apply in any match situation. This comprehensive guide will show you how to: Embrace nerves and play even better under pressure Maintain confidence to win more consistently Develop a pin-point focus Access an ideal level of intensity Play with a renewed sense of passion and freedom Why wait any longer to play the best tennis of your life? Get the mental edge with this invaluable resource and watch your game soar.

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