

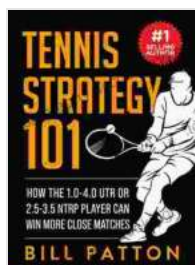
Master the Basics to Win the Close Matches: Tennis Strategy with Brainsports

In tennis, the close matches are the ones that can make or break your season. They're the matches that can determine whether you win a tournament or go home empty-handed. And they're the matches that can make all the difference in your ranking.

If you want to win more close matches, you need to master the basics. That means having a solid foundation in the four key areas of tennis strategy:

- **Shot selection**
- **Court positioning**
- **Footwork**
- **Mental game**

In this article, we'll discuss each of these areas in detail, and we'll provide you with tips and drills that you can use to improve your game.



Tennis Strategy 101: Master The Basics To Win The Close Matches (Tennis Strategy with BrainSports.Coach Book 1) by Bill Patton

★★★★☆ 4.3 out of 5

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File size : 5391 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting: Enabled
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Print length : 173 pages



Shot selection is one of the most important aspects of tennis strategy. It's the art of choosing the right shot for the right situation. And it's a skill that can only be developed with practice.

There are many different factors that you need to consider when selecting a shot, including:

- **The score of the game**
- **The position of your opponent**
- **The type of court surface**
- **Your own strengths and weaknesses**

The best way to improve your shot selection is to practice against a variety of opponents and on different court surfaces. The more you practice, the better you'll become at making the right decisions in match situations.

Court positioning is another key aspect of tennis strategy. It's the art of moving around the court in such a way that you can maximize your chances of winning a point.

There are two main types of court positioning:

- **Defensive positioning**
- **Offensive positioning**

Defensive positioning is the type of positioning that you use when you're trying to prevent your opponent from winning a point. Offensive positioning is the type of positioning that you use when you're trying to win a point.

The best way to improve your court positioning is to practice against a variety of opponents and on different court surfaces. The more you practice, the better you'll become at moving around the court in the most effective way possible.

Footwork is the foundation of good tennis strategy. It's the key to being able to move around the court effectively, and it's the key to being able to hit the ball with power and accuracy.

There are three main aspects of footwork:

- **Agility**
- **Balance**
- **Coordination**

Agility is the ability to move quickly and easily around the court. Balance is the ability to stay upright and stable when you're moving. Coordination is the ability to use your feet and your body together in a smooth and efficient way.

The best way to improve your footwork is to practice a variety of footwork drills. The more you practice, the better you'll become at moving around the court effectively.

The mental game is the fourth and final aspect of tennis strategy. It's the ability to stay focused and positive, even when you're under pressure. And it's the ability to make good decisions, even when you're tired.

There are many different things that you can do to improve your mental game, including:

- **Visualization**
- **Meditation**
- **Positive self-talk**
- **Mental training**

The best way to improve your mental game is to practice mental exercises on a regular basis. The more you practice, the better you'll become at staying focused and positive, even when the match is on the line.

If you want to win more close matches, you need to master the basics of tennis strategy. That means having a solid foundation in the four key areas of shot selection, court positioning, footwork, and mental game.

By following the tips and drills in this article, you can improve your game and start winning more close matches.

Brainsports is the leading tennis coaching program in the world. We offer a variety of programs and services to help players of all ages and skill levels improve their game.

Our team of experienced coaches has developed a unique approach to tennis coaching that focuses on developing the whole player. We believe

that in Free Download to be successful on the court, players need to be strong in all four areas of tennis strategy: shot selection, court positioning, footwork, and mental game.

We offer a variety of programs and services to help players of all ages and skill levels improve their game. Our programs include:

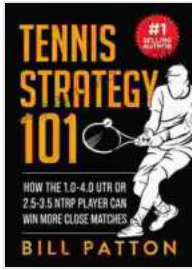
- **Private coaching**
- **Group coaching**
- **Online coaching**
- **Mental training**
- **Fitness training**

We also offer a variety of resources to help players learn more about tennis strategy, including:

- **Articles**
- **Videos**
- **Webinars**
- **E-books**

If you're serious about improving your tennis game, we encourage you to visit our website or contact us today. We would be happy to answer any questions that you have and help you get started on the path to success.

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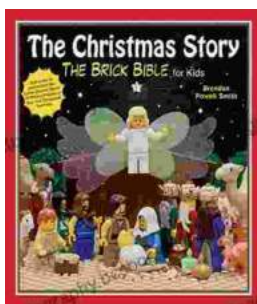
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