

THE COMPLETE PLAYER.

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If you want to be a complete tennis player, you must be an expert in **FOUR** areas of the game. Many players think that if they know *how* to hit the ball, that makes them a tennis player. But there is more to it than that.

The Four Areas Are:

One – Technique:

How to play all the shots. Can you hit hard, but with control? Good technique will allow you to be consistent – to stay in a rally as long as it takes.

Two – Tactics:

Where to hit your shots to. Can you observe an opponent and find his or her strengths and weaknesses? With that information a good tactical player can develop a plan with which to win the match.

Three – Fitness:

Are you fast enough to get to all but your opponents very best shots? Can you keep going during a long match, or do you tire in a third set? Are you strong enough to hit the ball as hard as is necessary?

Four – Psychological:

Do you hit the same shots at 4-5 in the third set as you did at 1-1 in the first, or do you let the pressure get to you, and respond by `playing safe`? Can you concentrate until the end of a match, or are you easily distracted?

- Every player will have strengths and weaknesses in some areas.
- Whatever your strengths are, continue to develop them.
- *But don't forget to work on your weaknesses too.*