

## Between Point Routine. Peter Farrell – Development Officer.

Many players rush themselves unnecessarily between points. How you spend the time between the end of one rally and the start of the next is crucial in deciding how well you play the next point.

### A SIMPLE ROUTINE TO FOLLOW:

#### ONE:

As soon as the last point ends, ask yourself if there was anything you learnt from it which you can use later on.

If you played badly - FORGET IT! Don't allow thoughts of how poorly you just played cause you to play badly in the next point..

#### TWO:

Next, start focusing on the rally about to begin. If you are serving, what type of serve are you going to hit? Where are you going to hit it to? Are you going to serve and volley or stay back?

Top players always bounce the ball a set number of times before they serve, This 'service ritual' **forces** them to take time..

Research shows that about 75% of match duration is **non-playing time**. You must use that time to your advantage if you are going to win.