



Champs September 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
-----	-----	-----	-----	-----	-----	-----

				<p>4 Rules to a Better Return of Serve</p> <p>Applying four concepts that will improve your return efficiency</p>	2	3					
4	<p>Learning to calibrate your game</p> <p>Learn how to make small adjustments to win more matches</p>	5	<p>Consistency vs. Aggression</p> <p>Trying to find the right balance between consistency and aggression</p>	6	<p>Serving placement</p> <p>Learning to divide the service box into 3</p>	7	<p>Gaining a mental edge</p> <p>Find ways to demotivate your opponent quadrants and hit each more effectively</p>	8	9	10	<p>Racquet Pro Clear Lake Champ Major Zone Tournament ID#: 800020116</p>
11	<p>Learning to calibrate your game</p> <p>Learn how to make small adjustments to win more matches</p>	12	<p>Match play scenarios and points</p> <p>Various games designed to test you in different match situations</p>	13	<p>Match play</p> <p>Play as many sets as time allows</p>	14	<p>Learning to create opportunities</p> <p>Find ways to make your opponent give you more shots you like to hit more shots you like to hit</p>	15	16	17	
18	<p>Serving efficiency</p> <p>Improving your placement and overall consistency</p>	19	<p>Volley efficiency</p> <p>Clean up your swing and footwork to improve your volleys</p>	20	<p>The importance of leg drive</p> <p>Learning how to use leg drive to create more power in your shots</p>	21	<p>The art of being crafty</p> <p>Learn how to hurt your opponent with deception and change of pace</p>	22	23	24	
25	<p>Controlling the middle</p> <p>How to stay in control of the point even when hitting right to your opponent</p>	26	<p>How to come back</p> <p>Learn what to do when you are behind</p>	27	<p>Match play</p> <p>Play as many sets as time allows</p>	28	<p>Move the ball</p> <p>Improve your ability to keep your opponent on the move</p>	29	30		