



Supers September 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Movement Drill and Match Play	2	3
4 Improving serving efficiency Using the serve to gain an actual advantage in points. By placement over power.	5 Match Play: Grinding out points How to stay in a point without playing your best tennis. Wait for offensive shot.	6 Match Play: What to do with 2nd serve Taking advantage of a second serve without giving away the point by placing and controlling return.	7 Match Play: Using your serve to set point How to use your serve to set up the point.	8	9 PM Lite Hitting 3-4:30pm	10 RACQUET PRO CLEAR LAKE (CMZ) 800020116
11 Learning when to do more or less When things are not working in point play learn how to ramp things up or slow things down.	12 Learning to create opportunities Finding ways to make your opponent give you weaker shots in point play.	13 Developing better depth control Learning to employ depth in match play situations.	14 Learning how to "grind" Make your opponent hit more balls than they want or can return in point play.	15	16	17
18 Become more adept at slicing Use the slice shot in defensive situations and occasionally offensive point situations.	19 Becoming a better strategist via patterns Learn how to use patterns to maximize your strengths and keep your opponent off balance.	20 Improving volley mechanics and footwork Incorporating more net play in match play.	21 Developing variety in your shots Mixing up your shots in actual point play.	22	23	24
25 Learning to create opportunities Finding ways to make your opponent give you weaker shots in point play.	26 Learning when to do more or less When things are not working in point play learn how to ramp things up or slow things down.	27 Improving serving efficiency Increase your first serve percentage and winning more points as a server in match play.	28 Controlling the short ball Learning how to punish your opponent when he gives you a short ball in point play.	29	30 DEADLINE FOR BVTA (CMZ) 80008016	