

PLAYER NAME

DATE



Training Focus TECHNIQUE #1

Point Construction

Success

Training Focus TECHNIQUE #2

Point Construction

Success

PURE TENNIS sense

Training Technique FOCUS

"WINNING" IN TENNIS IS A RESULT OF SUCCESSFUL POINT CONSTRUCTION BASED ON UTILIZING A PLAYERS UNIQUE ABILITIES.

"WINNING" IN TENNIS IS EARNED THROUGH ENGAGING IN FOCUSED, REPEATED AND SUCCESSFUL POINT- CONSTRUCTION FOR MANY POINTS AT A TIME.

"POINT-CONSTRUCTION" IS A RESULT OF PROPER TECHNIQUE (OR AS CLOSE AS POSSIBLE: GRIP, BODY POSITION, SHOT CHOICE, FOOTWORK, ETC) FOR SPECIFIC COURT POSITIONINGS. AS A PLAYER DEVELOPS PROFICIENCY IN POINT-CONSTRUCTION, THEY BECOME SUCCESSFUL AT WINNING POINTS. THIS RESULTS IN A HIGH CHANCE OF MATCH SUCCESS.

TENNIS SUCCESS ALWAYS COMES FROM **PROPER TECHNIQUE**. IF A PLAYER STUGGLES WITH PROPER TECHNIQUE, THE REST OF THE CHAIN WILL FALL APART AND THEY WILL LIKELY HAVE ISSUES WITH CONFIDENCE AND PERFORMANCE IN MATCHES.