

January 2011 Tennis Tips

Couple of important "tips" that can possibly win you games and matches:

1. Check the net height before your match. The height of the net at center is supposed to be exactly 3 feet. If it is not this height, you should correct before play.
2. Get your racquet restrung at least 2 times per year (or more if possible). This is very important. A new string job will improve your overall game. Many pros get their racquets restrung after every match!
3. Try to get a good "warm up" prior to your match. This means coming out earlier and warming up. You will not get a good warm up if you do it just at the beginning of your match.
4. The best situation is drilling and playing games/matches. You will not really get a chance to improve your game, if you just play games/matches. Doing both is the way for improvement.
5. Know the basic tennis rules. Don't let the opposing team tell you what is right or wrong. You should be in control of the match