

Tennis Tips – April 2012

Insights from Family Circle Women's Tennis Tournament held in Charleston, SC
Mar 31-April 8:

1. "Swinging Volley" is used frequently in place of Overhead. The Overhead, it appears, is almost a thing of the past.
2. Footwork is a key part of the winning game. Feet are always moving --this allows one to get ready for the next shot but also helps to reduce the "jitters" or ease the pressure.
3. Everyone has a practice time prior to their match. The warm up time for a match is very short, so to be prepared one has to warm up ahead of time.
4. Communication between team members is a key part of championship doubles.
5. Sportsmanship is always important in every match. Very few instances of poor sportsmanship is noticed among top women players.
6. The "serve" remains as one shot that is extremely important and is always practiced.