



Competitive Concepts

Rainy Day Tennis Quiz for High Schoolers

1. What type of shape would you like if you're hitting a shot from deep and wide from the baseline?
2. How high is the net at the net strap?
3. How far inside the doubles line is the singles stick placed for a tournament singles match?
4. A player has 4 choices if they win the toss. What are they?
5. Who serves the 1st game of a new set after a tie-breaker was played in the previous set?
6. Which of the Grand Slams allows a tie-breaker in the 5th set?
7. Give 3 reasons why a player might receive a point penalty in a match.
8. What are the 2 reasons why a player can leave the court during a tournament match?
9. What happens if a player serves out of turn?
10. How much time is allowed between points?
11. How much time is allowed between games?
12. How much time is allowed between sets?
13. How do you change from defense to offense when playing from behind the baseline?
14. What does, "keep an eye on recovery" mean while playing a defensive shot?
15. In singles where are the 3 best places to hit the shot from a neutral baseline position?
16. What are your 4 return of serve objectives?

True or False

- T or F___ 2 things you should do to on deep balls. Shorten your backswing and lower your racket head.
- T or F___ On a closed stance forehand, the contact point is smaller than an open stance forehand.
- T or F___ For a stronger foundation on ground strokes, lower your hips and widen your stance.
- T or F___ The semi-western grip is easier to hit higher in the strike zone.
- T or F___ The topspin forehand will break down if it doesn't have acceleration up on the ball
- T or F___ 120mph serve slows to 90mph before it bounces and 60mph after it bounces, all in ½ second.
- T or F___ It takes 4/10ths of a second for a pro to react to a return of serve.
- T or F___ When attacking short balls, it's always better to attack with your feet not your racket
- T or F___ Binary focus refers to having 2 choices for shot making decisions.
- T or F___ Ideal body fat in women is 22%.
- T or F___ Ideal body fat in men is 17%.
- T or F___ Swimming 1 mile = running 6 miles.
- T or F___ Nothing has a more devastating effect on an opponent than consistent play.
- T or F___ The more tactical game you play, the more they have to dance to your tune.
- T or F___ Defense relies on hitting winners and forcing your opponent into a position to gamble.
- T or F___ Offense is described as winning through attrition.
- T or F___ Tennis is a linear thought process.
- T or F___ Balance is the essential link between ability and performance.
- T or F___ Visualization is the ability to code a successful shot in your mind's eye so when the situation emerges in a game it would seem to paraphrase Yogi the bear, "like déjà vu all over again".
- T or F___ An aggressive mistake is a physical error.
- T or F___ A tentative mistake is a mental error.
- T or F___ Momentum is when in the lead stay in the point and keep the pressure on .
- T or F___ An early bad decision is better than a late good decision.
- T or F___ Biomechanics means movement is a product of levers moving through arcs. The joint is the fulcrum, the limbs the lever.
- T or F___ Most deep serves are returner down the line.
- T or F___ In the forehand court, shallow serve are returned crosscourt.
- T or F___ In the backhand court shallow serves are returned crosscourt.
- T or F___ Heavy topspin players like to pass crosscourt.
- T or F___ Flat groundstroke players like to go down the line.

T or F___ In order to win a high % of matches you must own the angle shots and keep the wide balls high down the middle.

T or F___ The best way to break down your opponent is to give them less time.

T or F___ Lob with the wind, aim lower.

T or F___ Lob into the wind, aim higher.

Multiple Choice

The best way to get to the net in singles is by:

1. By forcing the return
2. Attacking a short ball 9-10 feet from the baseline
3. Hitting an offensive lob

When hitting approach shots, the best down the line approach shot is:

1. 1/4 - 1/2 court
2. 1/2 - 3/4 court
3. 3/4 – baseline

When hitting passing shots the best depth is: ¼ court ½ court ¾ court - place the technical elements of doubles in order of importance:

1. Lob
2. Return of serve
3. Overhead
4. 1st Serve
5. Poaching
6. 1st volley
7. 2nd shot after the return of serve

In order, what is the best time to poach:

1. After your partner hits an overhead
2. When your partner serves
3. When your partner returns serve

Styles of Play

How do you play an All Court Player?

How do you play a Pusher?

How do you play an Aggressive Baseline?