



## Competitive Concepts

### Quiz for Tournament Players

1. What are the 3 TYPES of MOVEMENT to the ball?
2. What are the 3 ways of LEARNING?
3. What type of shape would you like if you're hitting a shot from deep and wide from the baseline?
4. How high is the net before the net strap is attached?
5. How far inside the doubles line is the singles stick placed for a tournament singles match?
6. A player has 4 choices if they win the toss. What are they?
7. Who serves the 1<sup>st</sup> game of a new set after a tie-breaker was played in the previous set?
8. Which of the Grand Slams allows a tie-breaker in the 5<sup>th</sup> set?
9. Give 3 reasons why a player might receive a point penalty in a match.
10. What are the 2 reasons why a player can leave the court during a tournament match?
11. What happens if a player serves out of turn?
12. How much time is allowed between points? Between games? 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 position?
16. What does it mean to "hit the ball on time"?
17. What is the 1st step taken on a wide forehand volley?
18. What are your 4 return of serve objectives?
19. Endorphins, \_\_\_\_\_, and serotonin are released during exercise.

## True or False

- T or F\_\_\_ On a closed stance forehand, the contact point is smaller than on an open stance forehand.
- T or F\_\_\_ When you're up a break the stakes are high, vary your % to keep control of the match.
- T or F\_\_\_ The semi-western grip is easier to hit lower 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\_\_\_ For increasing racket head speed, hit at the apex. It forces you to prepare, anticipate, and react faster.
- T or F\_\_\_ 120 mph serve slows down to 90 mph before it bounces and 60 mph 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 than with your hands.
- T or F\_\_\_ Binary focus refers to having 2 choices for shot making decisions.
- T or F\_\_\_ Ideal body fat in women is 17%. For men 22%.
- 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\_\_\_ Balance is the essential link between ability and performance.
- 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\_\_\_ When you are solidly ahead in a match the stakes are low and you should hit high % shots.
- T or F\_\_\_ An aggressive mistake is a mental error.
- T or F\_\_\_ Lob with the wind, aim lower.
- 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 returned down the line.
- T or F\_\_\_ In the forehand 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 into the wind, aim higher.

T or F\_\_\_ Errors at 2.5-3.0 are generally Physical related errors

T or F\_\_\_ Errors at 3.5-4.0 are generally Mechanical/Technical related errors

T or F\_\_\_ Errors at 4.5-5.0 are generally Mentally related errors

T or F\_\_\_ Defense relies on hitting winners and forcing your opponent into a position to gamble

T or F\_\_\_ A tentative mistake is a mental error

T or F\_\_\_ You're down a break the stakes are high, play lower % shots to break back.

T or F\_\_\_ In the backhand court, shallow serves are returned crosscourt.

## Multiple Choice

### THE BEST WAY TO GET TO THE NET IN SINGLES IS BY:

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

### THE BEST DOWN THE LINE APPROACH SHOT IS:

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

### 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.

### WHERE'S THE BEST PLACE TO HIT YOUR DOWN THE LINE PASSING SHOTS:

- A. Inside the service line is too short and too risky.
- B. Just past the service line is perfect.
- C. Hitting the ball close to the baseline is too high over the net.

\*HOW DO YOU PLAY AN ALL COURT PLAYER?

\*HOW DO YOU PLAY AN AGGRESSIVE BASELINER?

\*HOW DO YOU PLAY AN CONSISTENT PUSHER ?

\*HOW DO YOU HANDLE AN OPPONENT THAT CHEATS?