

Realtennis Network

With
Rick Macci

The Five Most Common Technical Mistakes



“When people ask me who the number one junior coach in the world is, without hesitation I say it is Rick Macci “- Andy Roddick

Rick Macci is arguably one of the best coaches in the world, having coached FIVE players who ascended to #1 in the world including: **Jennifer Capriati, Andy Roddick, Maria Sharapova, Serena Williams and Venus Williams**. Go to www.rickmacci.com to learn more about Rick.

In his tens of thousands of on court teaching hours, he came up the FIVE Most Common Technical Mistakes that he sees most players make.

We discussed these during our conversation at the US Open, where I had an hour, one-on-one conversation , with him while I was there.

To listen our conversation, go to www.realtennisnetwork.com/015

As Rick said in our interview, “Certain things are more optimal than others.” He is not saying that you will not have success doing things differently, but making things more efficient will make things better and in the long run, you will have higher levels of success and less injury.

In this mini course, I will show you:

1. Rick's FIVE most common technical mistakes
2. Pros executing the way Rick suggests (Exclusive RTN video taken during the Cincinnati Masters)
3. Video of student executing the stroke incorrectly
4. Video of the solution and the corrected stroke



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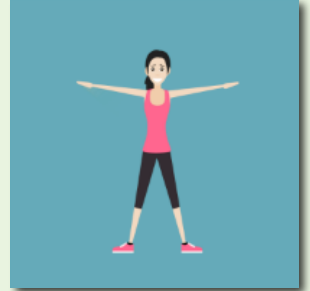
#1 - The Forehand

“The Front Shoulder Is Not Turning Enough At The Start“

This may be defined as not executing a “Unit Turn” as you prepare to hit the Forehand.

Pretend you are stretching. Face forward with your arms up at shoulder height and extended out. Now twist from left to right like you might do prior to a match to get your body warmed up.

If you are doing it correctly, you should feel your ABS turning first and your arms getting “Flung” around afterwards. **This is similar to hitting a FH where the Abs, Chest, Shoulders and finally the Racquet come through one link after the next.** “Uncoiling” action.



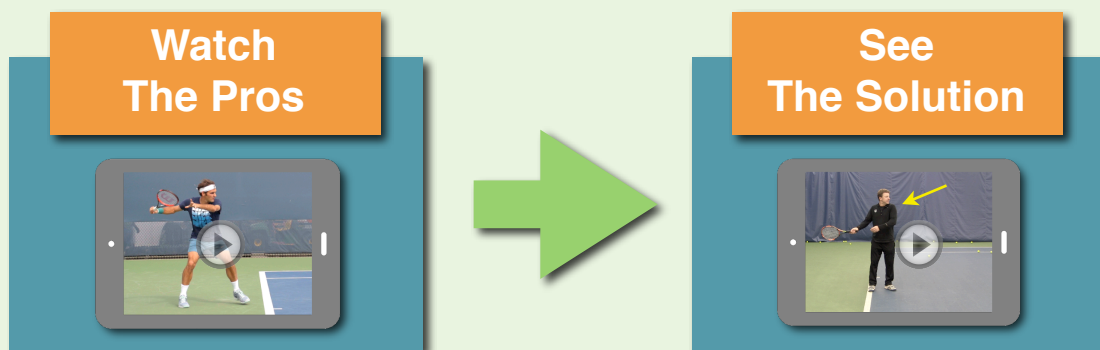
It is important that we “Coil up” and “Load” prior to contact so that our body can use the energy from the ground and transfer that energy all the way through our body and out our racquet for optimal performance or in this case an optimal forehand.

By not turning, as Rick suggests, we end up breaking this flow, and instead, hitting the ball with our hand and not our body.

Will this make the FH an unsuccessful shot? Of course not, but think of it this way..... Our body’s job is to get the racquet to come through and our hand’s job is to control the racquet face during this process.

If we use our hand to produce power and control the racquet face at the same time, we are making it difficult on ourselves and losing a lot of control and touch.

This also will slow down the racquet during the hitting zone.



#2 - The Volley

“Hands And Racquet Do Not Stay In Front During Preparation“

Most players know what the ready position is and if asked can show us what it may look like, but the next step is key when we are preparing to hit the ball.

In the “Preparation “ phase we still should (If we have the time) to take an abbreviated “Unit Turn.” A good analogy would be to have your chest face the net post, but what Rick is saying is that the KEY here is to **Keep Your Hands and Racquet In Front Of You and Not Turn With Your Body**

“ When your hands do less, your feet do more and when your hands do more, your feet do less.” - RM

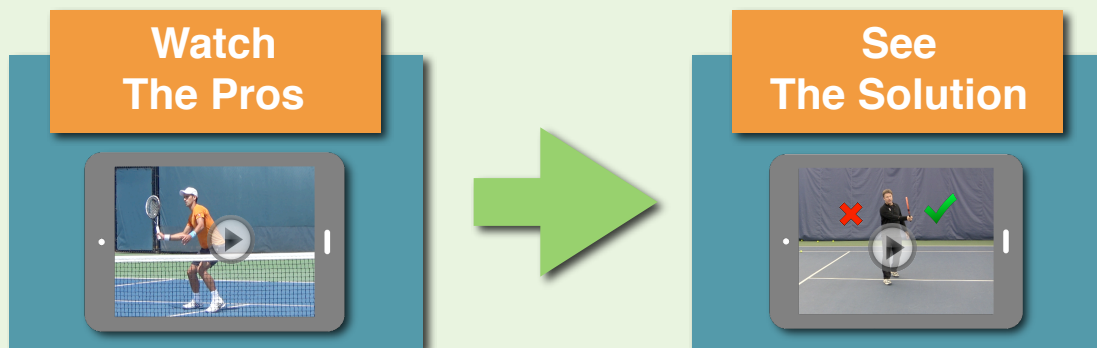
When we take the hands back during instead of keeping them in front of us, we:

1. Tend to hit the ball late (or behind us)
2. Make it difficult for us to stay in any kind of quick rally because there is too much movement going on.
3. Can't afford to guess the wrong way because it will take too long to go back the other way and be in proper position to hit the ball

The key is to keep the hands in front and NOT take the racquet back. Check out the videos below of the pros doing it correctly and the solutions to how you can improve.

Also, Check out my Quick Tip on the perfect volley ready position at

<http://www.realtennisnetwork.com/qt001>



#3 - The Serve

“The Racquet “Leaks” Behind The Back Too Early”

One of the toughest things that I watch teachers do, especially with beginners, is to have them start in the “Backscratch” position. Think about it, why would you start as far away from contact as you can and then have to meet the ball at the optimal point in order to learn an effective serve? For more on this go to www.realtennisnetwork.com/qt003 where I talk more about the advantages of not doing this.

Rick takes this even a step further and talks about the racquet “Leaking” to early toward the ear prior to contact. This has a big effect on acceleration and timing.

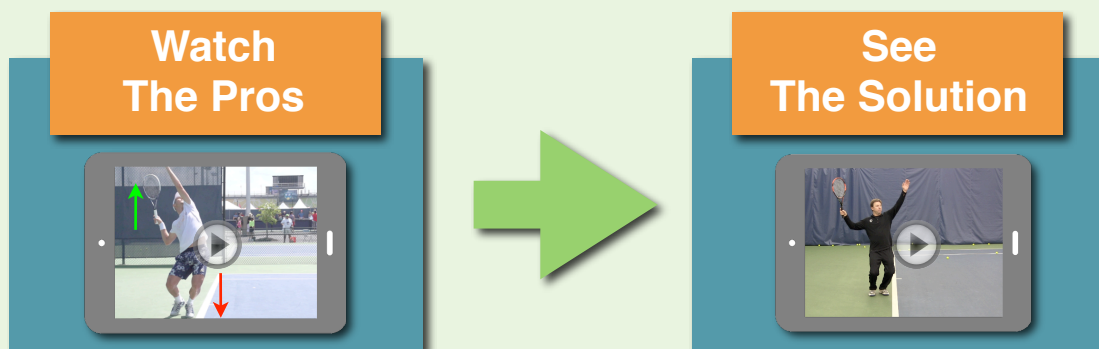
Basically, When The Knees Go Down, The Racquet Should Still be Pointing UP

The racquet should drop after the legs start to drive up and not before. It is said that serving is just like throwing a baseball. try throwing a baseball **Accurately** with some **Zip** on it starting in the “Backscratch position.” Not all that easy at all.

A pitchers hand will drop back well after his shoulders have rotated. In tennis we call this the “Cocking Phase.”

The key, according to Rick is to hesitate or even slow down when your racquet is pointing up at the top until you get the feel for this.

You should immediately feel more acceleration with much less movement immediately. Good Luck!



#4 - The Serve

“Knees Loading At Incorrect Angle Toward Net”

They say that the serve is one, if not the most important shot, and Rick has a second technical mistake that he notices on the serve - **Loading At An Incorrect Angle**.

This is especially evident in the “Pinpoint” stance - Where the server brings his/her foot up to join the front foot to load prior to contact.

The knee bend, according to Rick, should be at the same angle as your feet, pointing more to the side rather than toward the net.

He states that coaches tell students to “Jump” into the court which gets students facing too far forward and puts the players weight ahead of the hip causing the player to go “Out” first instead of “Up” and ends up causing a loss of power.

You Want To Go “UP” First and Then “OUT”

When the hip opens up too early, it disrupts the “kinetic chain” which is basically how the body transfers energy from the ground to the contact point, one part after the other. If the hip is already open, the leg thrust can't get it to accelerate after you push up because it is already open (a bit advanced, but watch any good server in slow motion and how there is a “coiling” into the ground (loading) and then an “uncoiling” from the ground up into the ball).

Jack Groppe, Ph.D. talks about this in a great Laws Of Motion article [CLICK HERE](#)

Watch
The Pros



See
The Solution



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#5 - The Overhead

“Body Is Facing The Net Too Much And Losing Power ”

The same as the groundstrokes in regards to the “Unit Turn”

The overhead, in my opinion is one of the weakest shots in adult league tennis and junior tennis.

One thing that really strikes me, is how players will continue to hit good groundstrokes, giving their opponent balls they love to hit (Groundstrokes as well), lose 6-1, 6-2 and walk off the court and say “I lost, but I played well.”

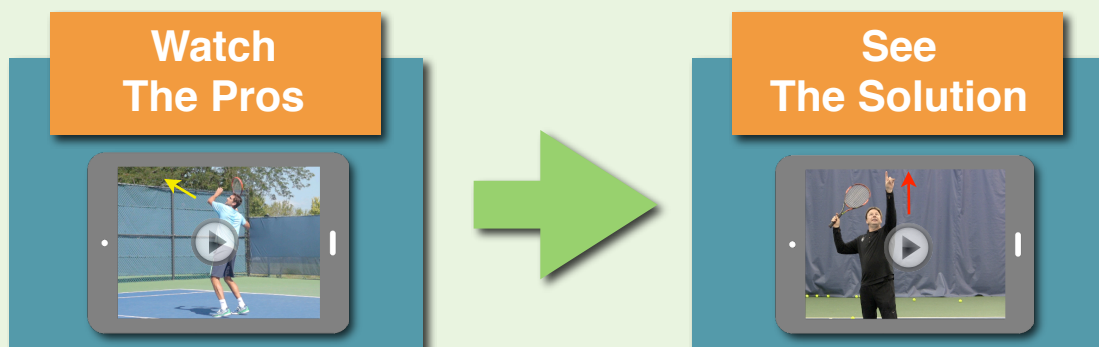
WRONG - You hit well. If you would have played well, you would have brought them up to the net and made them hit the balls they are not as good at..... volleys and the OVERHEAD (Or something other than give them the shots they love)

OK Back on track here.....

In order to make your overhead better, according to Rick, Point your Elbow at he ball instead of pointing your finger. Pointing your finger tends to:

1. Open up the hip too early (like on the serve) and interrupt the flow of energy from the ground (Tend to hit with the arm)
2. Get you hitting “Out” first instead of “Up” into the ball, which forces you to hit “Down” too early

Pointing the elbow will force you to turn and coil up prior to contact allowing you to unwind and accelerate “Up” into the ball



WHAT YOU CAN DO NEXT



Send an email directly to me
mick@realtennisnetwork.com
Ask me any tennis related question
or let me know what you would like to
hear more about

SHARE THIS CONTENT with your
tennis coaches and friends! The
more coaches and players who have
quality input, the more all of us can
benefit from their knowledge!



I hope that you can use this material to start working on specific parts of your game. If you have questions on any part of this training, please do not hesitate to contact me with any question.

My goal is not to give you a lot of material on what I know, but to have a relationship with you helping you with the questions that you want answered.

As you may have noticed from my podcast, I have relationships with top players and coaches from around the world and look to bring their knowledge to you.

Realtennis **NETWORK** - Do you know a Pro or Coach who has a great message that would benefit others, let me know and we will get his/her ideas the Realtennis Network, Please share this with other players and coaches. The more players and coaches involved the more we all can learn!

To learn more about Rick and his Academy, go to: www.rickmacci.com

Thanks for taking the time to look over this manual and I look forward getting to know you and help take your game to the next level!

Regards,

Coach Mick, USPTA
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