

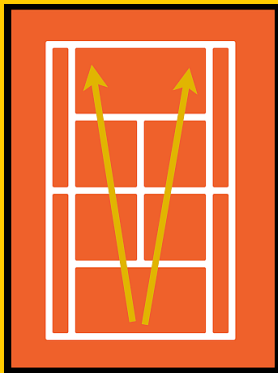
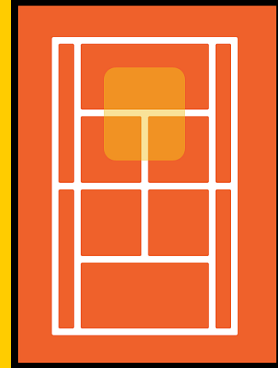
Basic Singles Progressions

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Keep The Ball In Play

High over net,
Give yourself plenty of room
inside lines,
Hit with spin

STEP
01



High And Low

Keep Balls Out Of Strikezone
High to BH or Weakness
Slice Low

STEP
02

Left and Right

Hit to definite weakness,
Hit to open court,
Make them move

STEP
03



STEP
04

Up And Back

Bring Players up to the net
Make them volley or pass
Lob over net player

Combinations

Ex. High to BH, Short angle
crosscourt, High Arc to
weakness..etc...

STEP
05



STEP

01

Keep The Ball In Play

Pretty self explanatory. If you can't get past this stage, then the rest are pretty much out of reach. If you have to start here, then great. Just remember that by doing this, your confidence will increase and allow you to start doing "More" with your shots. Height over the net and plenty of room inside the lines is important here. Spin will help you achieve this easier and allow you to be more effective.



STEP

02

Left And Right

Once you can keep the ball in play, look for definite weaknesses. now you will have to change direction, so do it on balls that you can do so successfully. Short balls, softer balls and balls coming from down the line are the easiest ways. Start to work your crosscourt patterns here to to get them on the move more and you on the move less.



STEP

03

High And Low

Possibly Step 2 for advanced players. This requires "Topspin" and "Underspin" to be more effective, but by keeping balls out of your opponents strike zones it makes it more difficult for them to "Get a Hold" of the ball and set you up more for the shots you like without having to change direction of your shots



STEP

04

Up And Back

Getting your opponent OUT of their comfort zone is very important if you want to be in control of the points. Bring baseliners up to the net and either PASS or LOB them. Most overheads are weak from the service line and beyond and if they do not like the net, GET THEM THERE! This requires touch to bring them up and a good lob



STEP

05

Combinations

Combining the above (short crosscourt angle, Lob to the BH....etc) will only give you better tools in the tool box and increase your chances of winning!