

Basic Strategy for Girls

Tactics:

1. High deep ball to the backhand
2. Short and low under spin or drop shot
3. Side T's
4. Attack weak second serves
5. Slice serve wide deuce court / topspin serve wide – add court (use wide and glide tactic)
6. Variety – breaking up your opponents rhythm
7. Cross court rally – short ball - go down the line
8. Bring player in and pass

Physical components:

- Girls are weaker above the shoulder
- Girls move better side to side but not so well forward and back
- Take advantage over lack of athleticism in some cases

Emotional components:

- Girls tend to be more emotional so taking advantage of these lapses is important.
- Make opponent win the match (emotional component) – delayed pressure (make balls) when opponent is close to winning the match. Girls have more trouble closing out matches.