

ITF Coaches Education Programme Level 2 Coaching Course



Tactics and patterns for the baseline game situation

By the end of this session you should be able to:

- Understand and explain the main tactics and patterns for the:
 - Both from the baseline game situation using forehands and backhands

Baseline game

General guidelines



- Force opponent to make errors through: sustained pressure; positioning on the baseline; hitting from $\frac{3}{4}$ court whenever possible.
- Give few “cheap” points.
- Use the whole court.
- Keep the tempo high

Baseline game

General guidelines



- The baseline is your best friend. Keep it deep.
- Don't get pushed too far behind the baseline.
- Use cross court rallies for time and control.
- Use combination of shots deep down the line followed by angle cross court
- Be consistent: Don't make unforced errors.

Baseline game

General guidelines



- When under pressure: Play high and deep shots and go more for control than for power
- Move diagonally to the ball.
- Attack with flat and topspin shots.
- Change rhythm of rally when under pressure
- Change the pace by hitting higher slower balls to good length followed by angles or pace

Baseline game

Groundstrokes



- Forehand: Use it in 3/4 of the court to attack and on all possible returns.
- Backhand: Play crosscourt to rally from the baseline and play down the line to approach the net and for winners.
- When nervous avoid playing drop shots.

Baseline game

Offensive situation



- Use your best shot.
- Try to move the opponent.
- Go for a winner.
- Use the drop shot for surprise and move in.

Baseline game

Neutral situation



- Play high deep and cross court shots. Move your opponent.
- Don't become a counter-puncher.
- If the opponent hits an unforced shot to your backhand, step around and hit an attacking forehand.

Baseline game

Defensive situation



- Play recovery shot to neutralise the opponent's advantage.
- Hit high, deep and angled shots.
- Run down anything possible.
- Move diagonally and straight to the ball.

Baseline game

Opponent opens angles



- Play to the centre of the court.
- Don't open angles for them.
- If the opponent hits short crosscourt: hit down the line for a winner.
- Sometimes you can take a risk and play a short crosscourt especially if the opponent is behind the baseline to one side



Baseline game

Opponent has one good shot

- Direct your shots to the weak side but hit winners to the good side.
- Hit hard into the strength to open up the weak side.

Baseline game

Opponent moves badly



- Try to wrong foot by playing combinations of shots, drop-shots, lobs, etc.
- When the opponent is hitting down the line on the run or from a wide position you can hit a short crosscourt.

Baseline game

Opponent is good baseliner



- Make your opponent go to the net.
- Play serve and volley game.
- Be patient.
- Bring them in with short wide angle slice.
- Don't overdo drop shot.

Baseline game

Opponent is all round player



- Be consistent with your groundstrokes.
- Do not make unforced errors.

Baseline game

Opponent uses radical grips



- Make sure you keep the ball as low as possible (e.g. slice short angle).
- Force the opponent to change grips.

Baseline game

Opponent is a net rusher



- Play deep and angled shots.
- Keep the opponent in the backcourt.