

Tennis as a Sport

Tennis is thought to be a sport where the toughest mind wins. I have news for you, tennis is a sport for the spirit, the being not the mind. The expectancy should just be to enjoy yourself. Feeling good, positive and optimistic you are treating yourself to an experience similar to life but with no major consequence.

All that is required in tennis is being in the present time, observing the ball, tracking it, and aiming it where you want it to go. When you want to be safer, don't hit close to the lines. Clear the net a bit higher, put more topspin on the ball and spin in your serves.

Do you feel adventurous? Go for your shot. Easy decision, like "to be or not to be".

What could make you feel better? Improving, that is the real name of happiness. Work on sharpening your strokes at practice, your performance, regardless of the results. Rather than measuring results from the score, observe where the ball is going and enjoy controlling the ball more and more everyday. Tennis is a sport that you can be as good as you want to be.

The five mistakes made playing tennis.

1. Hit the ball too high
2. Hit the ball too low
3. Hit too far right
4. Hit too far left
5. Don't keep your eye on the ball and miss it

These can all be corrected by having the desire to be better and controlling the racket face when hitting the ball.

Controlling the Racket Face

The face for the racket must be brought to the ball at the required angle if the shot is to be correctly played both in height and direction.

To play better tennis you must learn:

1. To keep your eye on the ball
2. Sound footwork
3. Good balance
4. To control the racket swing
5. To control the racket face
6. To concentrate

For the beginner, the best way of visualizing the angle of the racket face is to think how you would first use the palm of the hand in playing the ball with the forehand and the service motion. When this is appreciated the racket face can be visualized as a large hand for these strokes. For the backhand consider how you would use the back of your hand for this stroke. Then introduce the racket face in the proper position to produce these strokes.