



Who is the boss?!

Ball Control Skills

Adult Drop-in Clinics Presented by: Tracie Mitchem

Member fee: \$10 per clinic & NonMembers: \$15 (adult clinics)

March 4 6:15pm—7:15pm

*The 5 Ball Controls: The goal of tennis in its most basic form is to: “Make the little round, yellow, fuzzy ball, go where you want it to”. There are only 5 ways to manipulate the ball in tennis (*Height, Direction, Distance, Speed, and Spin*). To master tennis a player must learn how to *RECEIVE* variations of these 5 ‘Ball Controls’ and *SEND* variations as well. The ball controls are the #1 tool players can use to solve their problems on court.*

March 11 6:15pm—7:15pm

*Receiving and sending different directions: The determining factor in what direction the ball goes is the angle of the racquet at impact. In other words, it doesn’t matter your body position, or where you follow through, it is where the racquet face is “*LOOKING*” that makes the ball go in a specific direction. *Crosscourt, Down-the-line, and Inside-out.**

March 18 6:15pm—7:15pm

*Receiving and sending different heights: Height is controlled by the *PAS Principles*. At ball contact (impact point) , the vertical angle of the racquet face, the path of the racquet, and the racquet speed together determine the height of the ball.*

March 25 6:15pm—7:15pm

*Receiving and sending different speeds: The biggest ‘speed trap’ in tennis is to think that it takes strength to add power to a shot . Trying to hit ‘stronger’ increases muscle tension, which slows down the racquet speed. *In tennis, racquet speed equals power.* There are three ways to manipulate speed (and control the power of your shots): *Add speed, Maintain speed, and Take off speed.**