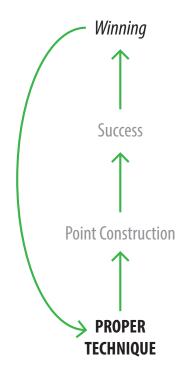
PLAYER NAME

DATE



## Training Focus TECHNIQUE #1

**Point Construction** 

Success

## Training Focus TECHNIQUE #2

**Point Construction** 

Success



"WINNING" IN TENNIS IS A
RESULT OF SUCCESSFUL POINT
CONSTRUCTION BASED ON
UTILIZING A PLAYERS UNIQUE
ABILITIES.

"WINNING" IN TENNIS IS

EARNED THROUGH ENGAGING IN

FOCUSED, REPEATED AND

SUCCESSFUL POINT- CONSTRUCTION FOR MANY POINTS AT A TIME.

"POINT-CONSTRUCTION" IS A RESULT OF PROPER TECHNIQUE (OR AS CLOSE AS POSSIBLE: GRIP, BODY POSITION, SHOT CHOICE, FOOTWORK, ETC) FOR SPECIFIC COURT POSITIONINGS. AS A PLAYER DEVELOPS PROFICIENCY IN POINT-CONSTRUCTION, THEY BECOME SUCCESSFUL AT WINNING POINTS. THIS RESULTS IN A HIGH CHANCE OF MATCH SUCCESS.

TENNIS SUCCESS ALWAYS COMES
FROM **PROPER TECHNIQUE.** IF A
PLAYER STUGGLES WITH PROPER
TECHNIQUE, THE REST OF THE
CHAIN WILL FALL APART AND THEY
WILL LIKELY HAVE ISSUES WITH
CONFIDENCE AND PERFORMANCE IN
MATCHES.