ITF Coaches Education Programme
Level 2 Coaching Course

Strategy, tactics and technique
By the end of this session you should be able to:

• Understand and explain the relationships between strategy, tactics and technique
• Give examples of different strategies, tactics and techniques
• Understand and explain the elements that define tactics in tennis
STRATEGY

TACTICS

TECHNIQUE
STRATEGY

TACTICS

TECHNIQUE

Attack from baseline

Move the opponent

Use angled shots
STRATEGY

Attack from all court

TACTICS

Go to the net

TECHNIQUE

?
Attack from baseline

**STRATEGY**

- Move the opponent

**TACTICS**

- Use angled shots
- Use depth
- Combine depth-direction
- Directly
- 4-1 sequence

**TECHNIQUE**

- Attack weak side
- Hammering
- Using best shot
Elements of tactics

• 5 Game situations
• Game styles
• Anticipation
• Patterns
Types of game situations

- Serve
- Return
- Baseline game
- Approaching or playing at the net
- Playing against the net player
Game styles

• Net rusher / serve and volleyer
• Aggressive baseliner
• Counter puncher
• All-round player
Anticipation

- Prediction
- Sorts:
  - Total
  - Partial

- Types:
  - Perceptual
  - Situational – tactical
  - Situational – geometrical
  - Technical or movement
Patterns

• Combination of shots
• In all 5 game situations
• Examples:
  – Serve and volley
  – The big X with groundstrokes
  – The 2-ball passing shot