

Summary of Week 1- The Counter-Puncher

- Be Patient
- Use angles to move them further away from the middle.
- Look to finish at the net when they are out of position.
- Change up the pace, depth, and spins.
- Give them no pace.
- Bring them into the net.
- Attack the weak 2nd serve.
- Take their time away.





Training your
Tactical Mind
Week 2

Let's Explore the
Aggressive Baseline



Aggressive Baseliner



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Characteristics of the Aggressive Baseline

- Will use groundstroke weapons to dictate points
- Will look to attack short balls
- Very comfortable on the baseline
- Good returners
- Will look for 1st strike opportunities
- They Control the middle of the court well with their weapons
- They can take the ball early and take your time away



Ways to Beat an Aggressive Baseliner

- Change the pace
- Bring them forward (aggressive baseliners are usually less effective at net)
- Use your counter-punching skills to create unforced errors
- Get them on the defense if the opportunity presents itself
- Mix in drop-shots
- Mix up the height, depth, and pace of the ball
- Keep your rally ball deep, avoid giving them too many weak short balls.

What we can learn from Aggressive Baseliners

- The offensive mindset
- First striking ability
- Serve +1 patterns
- Attack weak second serves
- Control the middle of the court with accelerated ground-strokes
- Taking the ball on the rise
- Fearlessness



Path to Development for the Aggressive Baseline

- Continue to develop your continental grip skills
- Work a lot on your transition game
- Develop the use of your swing and punch volleys
- Look to attack weak 2nd serves with your strong ground-strokes and look to move forward
- Master taking the ball early
- Develop a drop-shot



Aggressive
Baseliner
Constructing
Points

