

List of Common Issues and Solutions

Update: 12/09/2017

	Code	Issue	Solution	Corrective Exercise Suggestion
Movement & Recognition	MR1	Consistent split-step	Develop a habit to split prior to opponent's contact with the ball.	Work on "calling the split". Rally with a partner and call "split" out loud right before your partner hit a shot. Perform your split as you call it. This can help you to develop a better awareness of when to split.
	MR2	Movement in between shots	Stay on your toes and keep "happy feet" in between shots.	Rally with a partner and work on counting how many steps you can take in between your shot and your opponent's contact. This can help to create an awareness of how active you are in between shots.
	MR3	Stance on wide shots	Utilize a more open or semi-open stance when moving to wider shots.	Have a Coach or friend to hand feed some wide shots. Focus on taking your last step, before contact, with your outside foot (right foot on deuce side, left foot on ad side).
	MR4	Immediate recovery	Ensure that the recovery is performed as soon as the stroke is completed.	Have a Coach or friend toss a variety of shots to either your forehand or backhand (one side at time, initially) and focus on quickly recovering to the correct spot; based on your previous shot.
	MR5	Ball recognition	Work on reading the ball sooner to enhance the chances that contact will be made in front, at a desired height, and with balance.	Work on "calling the bounce". Rally with a partner and call out loud, before hitting, either: "forward" (when you have to move forward into court), "hold" (when staying near the baseline), or "back" (when moving back). This will help to improve the understanding of when to give ground (move back) and when to take ground (move forward).
	MR6	Cross-over recovery	When covering more distance use cross-over steps (outside foot crossing in front of inside foot) to enhance your ability to recover; as you can cover more distance faster with crossing over than with simple shuffle steps.	Practice shadow swings (either on or off-court) of wide shots, ensuring that your first step (at least) is an explosive and big cross-over step. Make sure to work on both forehand and backhand recovery.

	Code	Issue	Solution	Corrective Exercise Suggestion
Forehand	F1	Breaking the plane	Maintain racquet on hitting side of the body by adjusting the takeback.	Practice shadow swings and hand feeding exercises where the main focus is to maintain the racquet on the hitting side of the body.
	F2	Extreme grip	Maintain grip in between eastern and semi-western.	Practice hand feeding exercises to get comfortable with the new grip. You may want to start near the service line and learn to control the ball, in a small area, with a controlled speed, prior to moving back.
	F3	Extension	Extend arm towards target longer before finishing across body.	Practice hand feeding exercises, focusing on allowing the racquet to move towards the target as the hitting arm extends. Work on hitting to deep targets, which will "force" you to increase the extension.
	F4	Unit turn	Ensure the non-dominant hand stays on the racquet longer in order to create a "stronger" first move.	Practice shadow swings and hand feeding exercises where the main focus is to perform a simple unit turn, where the hands are "quiet" and the body turns sideways.
	F5	Creating top-spin	Allow the head of the racquet to drop below the ball prior to the swing, which should be up and forward.	Practice hand feeding exercises to get comfortable with allowing the head of the racquet to drop lower. You may want to start from the service line, with the racquet in the "drop position" (wrist laid back, racquet lower than the ball, body already turned) and from that position swing up and forward towards contact (without taking the racquet further back) and try to "feel" and see the spin (and net clearance), while keeping the ball in the opposing service box.
	F6	Shoulders "opening up" too early	Hold the body sideways longer until the start of the forward swing.	Practice hand feeding exercises to work on delaying the opening of the shoulders. While receiving easy feeds, look to exaggerate holding the non-hitting shoulder stable as the racquets starts to move towards the hitting zone. It's ok to over-correct a little during the exercise, but ensure that your body is still rotating towards the target as you complete your swing.
	F7	Swing path	Ensure the racquet the following a "C-shaped" swing by starting the preparation above the ball, then dropping the racquet below the ball, to then swing up and forward through the contact point.	Practice shadow swings and hand feeding exercises to develop a better feel and understanding of the proper swing path. On your unit turn, you want to start with your racquet around eye level, then allow the racquet to move on a semi-circular shape (back and down), so the racquet gets below the level of the ball prior to swinging up and forward through the hitting zone.

	Code	Issue	Solution	Corrective Exercise Suggestion
Backhand	B1	Breaking the plane	Maintain racquet on hitting side of the body by adjusting the takeback.	Practice shadow swings and hand feeding exercises where the main focus is to maintain the racquet on the hitting side of the body.
	B2	Extreme grip	Maintain dominant hand grip near continental and non-dominant hand grip in between eastern and semi-western.	Practice hand feeding exercises to get comfortable with the new grip. You may want to start near the service line and learn to control the ball, in a small area, with a controlled speed, prior to moving back.
	B3	Extension	Extend arm towards target longer before finishing across body.	Practice hand feeding exercises, focusing on allowing the racquet to move towards the target as both arms extends. Work on hitting to deep targets, which will "force" you to increase the extension.
	B4	Unit turn	Shift non-dominant hand to an appropriate grip (eastern to semi-western) quickly, ensuring that the body turn sideways smoothly.	Practice shadow swings and hand feeding exercises where the main focus is to maintain perform a simple unit turn, where the hands are "quiet" and the body turns sideways.
	B5	Creating top-spin	Allow the head of the racquet to drop below the ball prior to the swing, which should be up and forward.	Practice hand feeding exercises to get comfortable with allowing the head of the racquet to drop lower. You may want to start from the service line, with the racquet in the "drop position" (wrist laid back, racquet lower than the ball, body already turned) and from that position swing up and forward towards contact (without taking the racquet further back) and try to "feel" and see the spin (and net clearance), while keeping the ball in the opposing service box.

	Code	Issue	Solution	Corrective Exercise Suggestion
Volley	V1	Grip	Ensure the grip is continental, or very close to it, in order to give more flexibility on your volleys and eliminate the need of changing grips from forehand to backhand volleys.	Have a Coach or friend to toss you simple volleys, where you'll have to "show" the strings to the incoming ball, while maintaining the continental grip.
	V2	Position of non-dominant hand	Keep non-dominant hand near the throat of the racquet and separate them as the racquet goes forward towards the contact.	Have a Coach or friend toss you simple volleys, ensure the non-dominant starts near the throat of the racquet every time. This can easily be done off-court.
	V3	Length of swing	Ensure the elbows stay in front of the body, and maintain the racquet within your field of vision (especially when receiving faster shots)	Have a Coach or friend toss you simple volleys, where you'll be standing in front of a curtain, fence, or wall (shoulders against the barrier). That will prevent you from taking the racquet behind your body.

	Code	Issue	Solution	Corrective Exercise Suggestion
Volley	V4	Movement through the volley	Allow the body to move through the shots by loading the outside leg, and stepping into the volleys as you are hitting, seldom before hitting.	Have a Coach or friend toss you simple volleys, work on loading the outside leg before contact and step in (with opposite foot) as you are making contact with the ball (not before). For a right handed player hitting a forehand, he/she would load the right leg, then "push" forward with the legs and land on the left leg slightly after contact is made with the ball.

	Code	Issue	Solution	Corrective Exercise Suggestion
Overhead	OV1	"Full" Preparation	Simplify the preparation to quickly get to the "trophy position".	Practice shadow swings where you focus on maintaining the racquet above the waist level during the preparation stage until you get to the trophy position.
	OV2	Contact point height	Ensure that the swing starts early enough to allow the contact to take place with full extension.	Practice receiving lobs, on the appropriate trophy position without the racquet, while catching the ball with the hitting hand. Make sure that you are fully extended by the time you catch it.
	OV3	Tracking the ball	Ensure to turn sideways prior to start the tracking of the ball. Then, move accordingly to get behind the ball, while maintaining the ball slightly on the right side of the body (for a right-handed player).	Practice receiving lobs, on the appropriate trophy position without the racquet, while catching the ball with the non-hitting hand. Make sure that you are fully extended by the time you catch it.
	OV4	Late preparation	Ensure that that the hands are going up early in the process of tracking the ball with the feet.	Practice receiving lobs and getting to the trophy position before the incoming ball passes the opposing net before hitting the overhead. The goal is to setup early to have sufficient time to track and execute the overhead with balance and extended.
	OV5	Grip	Ensure the grip is as close as possible to continental.	Practice the pronation with the continental grip as follows: 1) Imagine your racquet is a hammer; 2) Visualize a spot on a wall or curtain where you can swing your racquet up while keeping the racquet on edge (as if you were hammering a nail with the side/frame of the racquet); 3) After doing that a few times, alternate swinging on edge only (described on #2) with swinging on edge plus pronation (rotating the forearm and wrist outward so the strings are aligned with the wall/curtain. Be careful not to damage your racquet or wall.

Code	Issue	Solution	Corrective Exercise Suggestion
OV6	Getting to the "trophy position"	Work on getting the racquet and body to the correct position: body sideways, non-dominant arm up, hitting arm bent, racquet higher than head and slightly to the dominant side, strings facing down slightly.	Practice shadow swings where the main focus will be to get into the trophy position, while tracking an imaginary lob. Ensure body is sideways, non-dominant arm up, hitting arm bent, racquet higher than head and slightly to the dominant side, strings facing down slightly. The position resembles a check mark or a Nike swoosh.

Code	Issue	Solution	Corrective Exercise Suggestion
S1	Opens the palm of the hand too early	Maintain the palm of the hand down throughout the takeback and racquet drop stages of the serve. The hand should only "open" as a result of the pronation right before contact, so the strings can align with the ball.	Practice the following progression: 1) Shadow without a racquet, practice your motion emphasizing feeling the hitting hand slowly "brushing" against your hair as the imaginary racquet goes over your head and down to racquet drop. 2) Shadow the same activity as above, but with racquet; feel the hitting side of strings against your hair. 3) Starting from the trophy position, alternate one serve and one shadow while focusing on keeping the palm of the hand down. 4) If succeeding at keeping palm of hand down, you may try "full swings", if not stay on #3 longer.
S2	Toss direction	Slow down the tossing motion and ensure the tossing shoulder is doing most of the "lifting" work, instead of "flicking" the ball with the wrist.	Place a target (circle, racquet) on the ground where the center of the target is the ideal location for your toss. Line-up against the target and practice your full motion up to the trophy position, and ensure the ball is getting into target zone with a realistic height.
S3	Toss height (too high)	Ensure toss has enough height to allow you to not only make contact fully extended but also to give you enough time to complete the motion while maintaining proper technique. Most players toss the ball higher than their fullest extension, allowing the ball to drop slightly before contact.	Stand against a curtain or wall, then fully extend your racquet (as if you are serving) and mark the height of the sweet spot with a sticky tape or other methods. From that point, add another racquet's length (approximately) on top of the mark. Then, line up near the wall/curtain, and try to align your toss with the higher mark.
S4	Creating spin	Work on generating more spin on the ball in order to enhance your control level while maintain racquet acceleration. The direction of the swing as the racquet moves through the ball will either create the spin.	Practice the following progression to get a feel for slice serves: 1) From the service line, try to hit serves without

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Serve	S5	Toss height (too low)	Ensure toss has enough height to allow you to not only make contact fully extended but also to give you enough time to complete the motion while maintaining proper technique. Most players toss the ball higher than their fullest extension, allowing the ball to drop slightly before contact.	Stand against a curtain or wall, then fully extend your racquet (as if you are serving) and mark the height of the sweet spot with a sticky tape or other methods. From that point, add another racquet's length (approximately) on top of the mark. Then, line up near the wall/curtain, and try to align your toss with the higher mark.
	S6	Leg drive	Work on loading/bending the legs to allow more upward force going into the serve.	Practice shadow things as follows: with your racquet, get to the trophy position and then load/bend your legs (feel most of the weight on the back leg). From that position, explode up and forward while swinging up to an imaginary ball and then land on your front foot. After doing this a few times, do a complete motion while emphasizing the proper loading of the legs and coordinating it with your upward swing to the imaginary ball. Add a ball to the mix once comfortable with these.
	S7	Grip	Ensure the grip is as close as possible to continental.	Practice the pronation with the continental grip as follows: 1) Imagine your racquet is a hammer; 2) Visualize a spot on a wall or curtain where you can swing your racquet up while keeping the racquet on edge (as if you were hammering a nail with the side of the racquet); 3) After doing that a few times, alternate swinging on edge only (described on #2) with swinging on edge plus pronation (rotating the forearm and wrist outward so the strings are aligned with the wall/curtain. Be careful not to damage your racquet or wall.
	S8	Arm position on toss	Maintain the tossing arm straight throughout the entire tossing motion. Lift the ball by raising the shoulder, instead of "flicking" the ball with the wrist.	Practice your tossing motion while "locking" the elbow so the arm remains straight. You can start with lower tosses to get a feel of the directional control but then move into realistic toss (height and direction) while focusing exclusively in keeping the tossing arm straight. Once comfortable with the move, you may start hitting the tossed ball.

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Serve	S9	Racquet drop	Ensure the racquet drops low (towards low back) prior to the upward swing.	Practice shadow swings emphasizing the racquet drop. From the trophy position, allow the racquet to go over the head and then down towards lower back before swinging up. Do it slowly and try to feel the racquet touching the lower back on it's way down (it's an exaggeration to get the feel of it). Once comfortable with these, add the ball to the mix and alternate one shadow and one normal serve (hitting the ball) focusing exclusively in dropping.
	S10	Getting to "trophy position"	Work on getting the racquet and body to the correct position: body sideways, non-dominant arm up, hitting arm bent, racquet higher than head and slightly to the dominant side, strings facing down slightly.	Shadow swing the serve routine (bouncing the ball) all the way to the trophy position and stop. Once there, check if the racquet and body are in the correct position. After a few minutes, alternate one hit and one shadow swing stopping at the trophy. Please note that ideally the racquet will not stop at the trophy position (or any other stage) during the serve. The pause in this drill is to ensure the racquet is moving through the correct path.
	S11	Holding the turn	Work on staying sideways longer. If you have a pinpoint serve (back foot moves up prior to upward swing), be sure that the back foot does not come out to the side; which will make you open your hips too early. The back foot should be together with front foot, and nearly parallel to the baseline before the upward swing.	Practice hitting serves without rotating in (after finishing the serve the chest will be pointing to the side curtain, not to the target). This is an exaggeration, in order to allow you to get a feel of what it takes to stay sideways longer. As you become more comfortable, then gradually start rotating into serves more naturally.
	S12	Swinging "on-edge"	Work on keeping the hand "quiet" during the takeback and racquet drop stage. The hand should only be more active right before contact as the forearm pronates so the strings can meet the ball.	Practice the pronation with the continental grip as follows: 1) Imagine your racquet is a hammer; 2) Visualize a spot on a wall or curtain where you can swing your racquet up while keeping the racquet on edge (as if you were hammering a nail with the side/frame of the racquet); 3) After doing that a few times, alternate swinging on edge only (described on #2) with swinging on edge plus pronation (rotating the forearm and wrist outward so the strings are aligned with the wall/curtain. Be careful not to damage your racquet or wall.

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Character (dedication, behavior, sportsmanship)	C1	Listening while Coaches are talking	Refrain from any side conversations during Coaches' explanations to make sure that you absorb and understand the concepts and/or drills/games being explained.	See solution.
	C2	Effort	Ensure that full-effort is being displayed during all activities.	See solution.
	C3	Accurate calls and scoring	Ensure to only call shots out if you are 100% sure, if not call it in. Also, by calling the score out loud before each point will minimize confusion between you and your opponent.	See solution.
	C4	Comments towards other players	Help us to create a team-environment by cooperating and encouraging the other students. Negative comments will not be tolerated.	See solution.
	C5	Assisting during ball pick-up	Help us to create a team-environment by cooperating and assisting in all activities that we do (including pick-up).	See solution.
	C6	Chatting with other students	Choose the appropriate times (maybe during a water break, before Coaches explain next activity) to chat with your friends.	See solution.
	C7	Talks back to Coaches	Respect your Coaches and try your best to follow their suggestions. Our staff is highly experience and we want you to succeed, have an open mind when receiving feedback.	See solution.
	C8	Equipment abuse (racquet, back curtain, etc.)	Control your emotions and body language. We all have bad days, but it's not the equipment's fault. Take responsibility and try to problem solve.	See solution.
	C9	Verbal abuse	Control your emotions and body language. We all have bad days, but we have to respect the sport and others around us. Exploding often makes things worse, take a deep breath and try again on the next shot/point.	See solution.
	C10	Attention to instructions	Ensure that you not only are making eye contact with the Coaches but really listening to the instructions. That will save us time, as the Coaches won't have to explain the activities due to lack of attention. If you have questions, ask.	See solution.

	Code	Issue	Solution	Corrective Exercise Suggestion
Game (shot selection, problem solving, tactical choices, mental skills)	G1	Shot selection	Play more high percentage tennis. Look to hit cross-court more often, increase the margins on your shots, hit to big zones when on defense, attack when the odds are in your favor (you have good court position, balance is adequate, decision is made early).	Play points where you have to call the shot you'll be hitting (defend, rally, attack) based on the situation you are in. Making a call out loud, before each shot can help you to develop a better understanding and awareness of the situation you are in and the type of shots you should hit based on those scenarios.
	G2	Does not adjust game based on opponents	Evaluate your opponent's strength and weakness and adjust your game in order to create scenarios in which your opponent is less comfortable.	Develop clear plans (by writing them) of what your reaction will be on a variety of scenarios. If "X" happens I'll do "Y". This can help with the thought process during matches as you'll have a better understanding of potential solutions given the situation you are in. Refer to the Player Developmental Journal for suggestions on what to do when facing different types of players.
	G3	Only plays in one style	While it's important to have a defined favorite style and patterns of play, or your "Plan A" it's just as important to develop your "Plan B" and "Plan C" when the first option is not working.	Play practice sets where you must play with a different style from your normal one. Options: aggressive baseliner, net rusher, all-court player, and counter-puncher. See which style you tend to play the most and pick a different strategy to use most of the time during the practice set.
	G4	Shows too much negativity	Maintain a more positive body language by keeping a "stronger" posture and minimizing negative reactions.	Play practice sets where you (or someone else) counts how many negative and positive reactions you had after points. Once you develop an awareness of where your current ratio of positive-to-negative is you can start working towards a 3 to 1 (positive to negative).
	G5	Carries the negativity from one point to the next	Work on putting the past behind you and keep your mind and thoughts busy with the present; the next point.	Showing some negative reactions alone is not the real issue, but carrying the negative thoughts, or memories, from one point to the next can be a big barrier to performance. During practice, develop the habit of constantly asking yourself "what do I need now", this can help you to shift your mindset from a previous bad experience to the solution needed on the next point. It's easier said than done, but with enough practice anything can become a habit.

Code	Issue	Solution	Corrective Exercise Suggestion
ABC (agility, balance, coordination)	ABC1 Hand eye coordination	Work on your hand eye coordination.	Have a friend, parent or Coach feed you a variety of balls based on your age and abilities, and work on your receiving and catching skills. Try to work on receiving with one or multiple bounces, as well as on the fly. Use foam, red, orange, green, or yellow balls based in order to build the skills while having a good level of success. In other words, when doing well with a foam ball, move to the red, then to the orange, etc.
	ABC2 Agility	Work on your agility and ability to change directions quickly.	Use a speed ladder to work on a variety of footwork patterns. By searching "speed ladder drills" on YouTube you'll find plenty of instructional videos on hundreds of different footwork patters that can be done using an agility ladder. You may want to keep them simple at first. A good video to start with is called 13 Speed Ladder Drills for Faster Footwork and Agility by DeepSnap.