



SAMPLE COMPETITIVE
JUNIOR TOURNAMENT
MATCH ANALYSIS

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DISCUSSION

- I. Your charting results and thoughts.
 1. Why are the results happening?
 2. What can I do to help you create the changes you need?

LEARNING PATH

1. Greater availability of resources -> Change perspective -> Change Different
2. Always practice drills under pressure -> High pressure -> Uncertainty.
3. Every session must be preceded by a warm-up. Sessions will be based on goals we set.
4. Select drills based on 'fit' - i.e., fit for the environment, easy change, increasing motivation.

PERFORMANCE

SPACING AND RACQUET FACE

- I. Hitting closed face / down from the back = tin.



PROFORMANCE

Screenshot details: Your set up looked good, but you're following through and turning your racquet down, thus hitting down. This is why you hit kills unintentionally. Racquet face must stay open from the back, and generally too. Cut when attacking short.

CONTINUED

- I. On the serve return, your racquet is again facing the net and you should use your wrist / forearm too much to hit it too hard. Instead, simply use your shoulder to push the ball into the back corner of the court to match the power of how hard they returned the ball.



PROFORMANCE

SPACING AND PASQUET FACE

- I. Need to get lower when the ball is low / you're under the ball. Move back faster to be stable (moving back away from the ball).



PROFORMANCE

SERVES

- I. Let's begin using the BH serve from the right. FH serve to arrive at the 'T' very late,



PROFORMANCE

Screenshot details: Opponent is hitting the ball and you're not in position.
Then reacting late after first adjusting your feet, before moving.

FRONT COURT MOVEMENT

- I. Having difficulty lunging. Getting into a squat. Rooting the shot you hit, therefore instead of being higher in the air you're pushing to the 'T' late (causing you to be under pressure in the middle of the court). Movement is based on the quality of your lunge. If you're at the back of the court, you're in the service box, and have to sprint to the front, and can't stop effectively.



BACK COURT MOVEMENT

- I. Having difficulty lunging. Getting into a squat. Rushing to get to the ball because you're not strong enough. Becoming a backcourt server. Taking a small step back when serving, so late to the ball that you're not serving, thus having

ANWR



PROFORMANCE

FLOATING POSITION & TIP

I. We need to shift up your foot position on the court with the understanding that you're in the optimal position to cover the most shots. Below, your feet should be reversed. Right behind, left in front. Use from here to take an extra step to position the feet before moving forward.



Screenshot details: Your opponent has already hit the ball, and you're still moving back right (to the 'T'). He hit a pass, and because your momentum was going backwards, you landed and can't move for the shot.

Quicker movement back to 'T'. Earlier split step (just after he hits).

FLOATING POSITION & TIMING

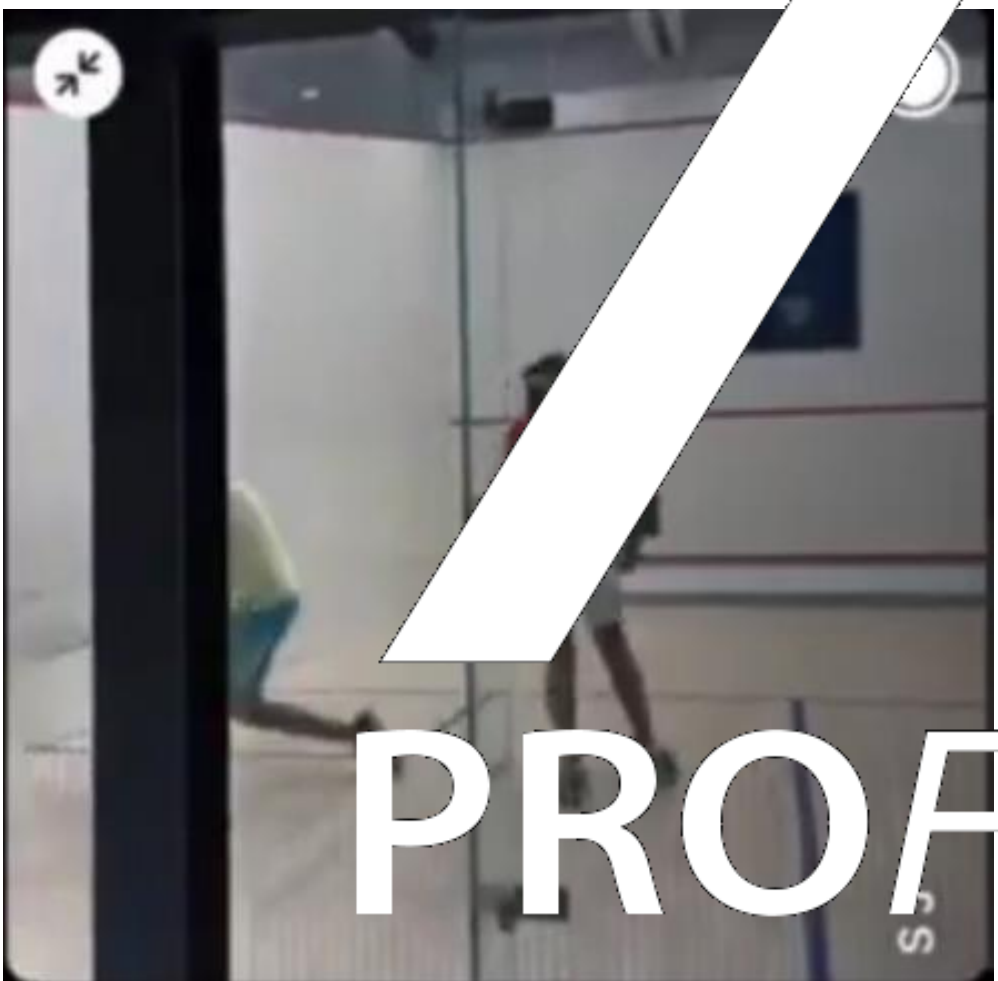
I. Loose cross, and decelerating to get to the 'T' want to be balanced and before he strikes.



PERFORMANCE

FLOATING POSITION & TIMING

I. Left: Opponent is about to hit the ball. Standing in the court. If he keeps attacking (the ball is loose),



PRO PERFORMANCE

TACTICS

- I. Under pressure trying to force a hard shot. Hit the 'T'. High pressure counter drop. This ties in with the timing. The harder you hit, the faster you must move to the 'T'. Similarly, the looser you are, the faster you need to get to the 'T'.



TACTICS

- I. Under pressure in the front and trying to force selection to give time. Opponent hit cross court
- II. Change shot



PERFORMANCE

CONTACT POINT

- I. Hitting the ball late when going cross. Hit straight as possible. Situation is getting in the position to have opportunity to execute accurately when you're not under pressure (i.e. this situation)



PERFORMANCE

RANKED FOR

1. Focus, mindfulness
2. Training with intention / purpose.
3. Pay attention to details and
4. Serve, step to get to the 'T'.
5. Hit with power to control technique. e.g. Serve spin – rotation, shoulders, straight racquet follow through. crosses under pressure etc.
6. Time placement and foot position based on opponent is the quality of your shots.

PROFORMANCE

QUESTIONS