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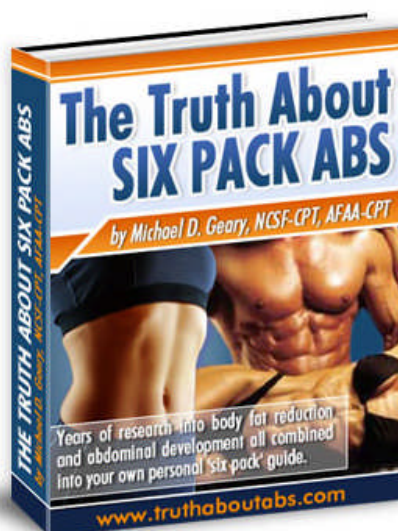
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## **Tennis: Choosing A Racket**

Tennis gear is most important for any of the tennis player; it does not matter whether he is beginner or old player. Among all tennis merchandise, proper selection tennis racket is extremely important. Quality of whole tennis game that you are going to play depends solely on tennis racket, so it's obvious to choose best tennis racket.

There is wide range of tennis rackets available in market, so it's tough to choose the best. But, here are some of facts that will help you choose the best racket:

- Your skills
- Your playing style
- Material and weight of the racket

Here is the detailed description of how above-mentioned point will help you in choosing good tennis racket:

- **Skill Level:**

Skill level also plays an important role in selection of the tennis racket, as racket choices changes from beginner to advanced players.

***-Beginners:***

For beginners, it's advisable to select cheap rackets with larger head. Reason behind this is, initially while learning the game; it would be easy to hit the ball with larger head. Also there is no need of spending more money in purchasing costly racket, until you have learned all the basics and determined to actively participate in game.

***-Intermediate and Advanced:***

Intermediate and advance players will choose racket opposite to that of beginners i.e. they will choose racket having smaller head size. Reason is that, the racket with small head will have more strength in shots. Also, the player will have good controls in hits with small head rackets.

- **Playing style:**

Style of playing also matters in the selection of tennis rackets. If you like to use topspin in game,

you should choose tennis racket with heavy head. Also tennis rackets are being specially designed for tennis players, who play serve and volley. Same is the case with players, who mainly plays ground strokes. Thus, in whatever style you are playing the game, selection of tennis racket accordingly is advisable.

- **Racket weight:**

Racket weight helps in avoiding injuries. Tennis rackets should weigh a bit higher and head portion should be light in weight. Because lighter rackets causes elbow and shoulder problems. Ground stroke will also be much better with heavier rackets.

- **Material of the racket:**

Material from which racket is made up of also matters. Generally, tennis rackets are made up of graphite, aluminum, Boron and Kevlar. Graphite rackets performs the best for beginner as well as intermediate as it has excellent hitting power. Aluminum rackets are cheaper but provide good feel. Boron and Kevlar rackets should not be used by beginning player as it causes shoulder problems.

Thus, these are things that you should keep in mind before selection of the best tennis racket.



## **Tennis: A Way To Get Fit**

For a long time, tennis has been considered as one of the best games for keeping your body fit. Most of the tennis players always go for tennis, without any excuse of age or saying this game as fun. Thus, this gives clear idea that how genuine tennis is for body fitness. Majority of tennis players consider that this is an exercise with good equipments and also exhaustive.

### **Are you fit for tennis fitness exercise?**

It's easy to answer this question; you would surely get the answer of this question in next line. If you are not too young to play tennis, you are not fit for tennis fitness exercise program. Age is not the matter for this fitness program as I frequently work with tennis players, who are having an age 60 years or more than that. Tennis Fitness exercise is not about hitting the ball hard, ground stroke at the speed of 150 mph.

### **Fun of the game:**

This game includes a lot of fun. Some questions that might be raised in your mind are:

- Is there, fun anywhere else except playing good tennis and that too without any extra efforts?

The following example will answer your above question. There are two tennis players with us. One is Ferrari with top speed of 200 mph and other one is Ford Escort with top speed of 90 mph. These two motors are totally different, but both of them are used for same purpose.

Both of them can run on the road (the tennis court) and travel from point A to the point B (play a tennis match). With equal attempt (at half throttle), Ferrari will speed up to 100 mph while Ford Escort will speed up to 45 mph

- But what are the results if some of parts of Ford Escort's engine are replaced by a Ferrari?

Probably the maximum speed of Ford Escort may rise by 20 mph. So by small tinkering in the shop (tennis fitness program), 10 mph has been added to same half throttle effort. Thus, not Ford Escort's half throttle performance when you drive is 55 mph, which was 45 mph earlier.

## **Lawn Tennis Explained**

Are you now willing to add little pizza in your tennis game with no extra efforts on court? Don't you think that it would be more fun, if you just walked out magically and play better in tennis court with no additional efforts?

Wouldn't that be a great experience and that too full of fun and excitement?

So, answers to the above questions will surely lead you to tennis programs workouts. Believe us it would be great experience of mixture of fun along with fitness at tennis courts.

## **Tennis: Practice Makes Perfect**

The only important and repeated words uttered by any tennis coach are practice, practice and practice. These words might be bugging any of the tennis players initially, but practice only makes any tennis player the best.

### **Beginner's advice:**

By practicing only, you can learn various tennis strokes. Initially take dozens of balls on the court. Just smash the ball over the net for reasonable amount of time. Lots of beginners, do not practice and just get down to play the game. While playing the game, they face many problems and develop bad habits, which are difficult to change later on.

First of all, you should learn strokes by practicing it regularly. Once you are with thorough basic strokes, then there is lot of time to play matches. It's not necessary to play with opponents only; you can also have good experience and confidence by playing with your partner.

While practicing, it is recommended to any of the beginner to drop the ball and then to hit it over net instead of wall. This will help to judge right height needed for any of the shot. This will also help in gaining practice of getting ball over the net. You can also learn different angles of the court. These things are most important for any beginner to learn while practice. So, our suggestion to every tennis beginner at the time of practice is to hit the shot against the net instead of wall.

### **Avoid bad habits:**

Here is a list of bad habits that should be avoided while practicing:

- Don't expect where the ball will drop, thus there will be no perfect timing of return hit.
- Hastening your shot will result into over running of ball.
- Improper positions and swing.
- Play with easiest strokes essential to return the ball instead of achieving experience, practice

on feeble shots.

### **Advantages of Tennis practice:**

Benefits/Advantages of tennis practice are mentioned below:

- For hitting your strokes correctly.
- For making decision on ball, at perfect time and distance.
- For gaining self-confidence and removing fear regarding some strokes.
- Gaining better control over the ball along with knowledge of court angles.

Right time to play tennis:

It's time to play tennis when one is able to hit the ball in any place in the court. At the time of playing tennis, one must have a clear idea about where the ball is going to drop and which is the best stroke for hitting the ball.

After practicing a little on the tennis court, it's now time to set the goals. So, for this you need to pick up a pen and paper, after that you need to keep a track on documents i.e.

- Where you are weak?
- Your mental stiffness level.
- Which exercise you need to concentrate more? As there are lots of exercise and aerobics for increasing your energy levels. This exercise can be performed at gym, court and at home also.

Thus, tennis practice is a must for any tennis player, for performing well at the time of game.

## **Tennis: Match Strategies**

Do you want to be a good tennis player? Then try the strategies of dealing with tennis demands and after that only outplay the opponent player. Basic as well advance strategies only lead you towards better tennis.

### **Rules of tennis strategy**

The first tennis strategy is to keep the ball in play. But, if your opponent is a strong tennis player, your shots must be powerful. So your first rival in tennis is tennis only.

You had to deal with tennis challenges i.e. perfect judgment of the ball, moving towards ball, timing the shot and try to hit hard such that it moves over 1 m high net.

When you think that you are losing the game, start playing against your opponent in tennis. Now here are general strategies with which you will either reduce the effect of your opponent's advantage or take advantages of their weakness.

### **Neutralizing strategies**

1. Opponent should not attack with strength. Most of the players play some good shots and you need to notice and study those shots.
2. Players should be prevented from good attacking position – When ball is short and at perfect height, then that position is said to be an attacking position.

Thus good neutralizing strategies are moreover logical.

- Playing deep.
- Down the middle.
- Keep your opponent on move.

There are some of the more complicated and advance strategies. But here studying some of simple offensive strategies will help you a lot.



### **Offensive tennis strategies**

Offensive tennis strategies are very analogous to neutralizing. Here are some of the points that will make your understanding more clear.

#### **1. Take advantage of opponent's weakness**

Taking advantage of opponent's weakness will help you a lot in winning the game. By concentrating on weaker side of your opponent you can force your opponent to make mistake. By playing short, you can easily bring your opponent to net and can win the point easily.

#### **2. Take time from opponent**

Taking time from opponent is best strategy but thing is you should know how and when to use it. Two important tactics for this strategy are:

1. To hit the ball hard so that you can easily win point.
2. To play the ball early like Andre Agassi.

These are two offensive techniques which shall definitely help you to the win point in tennis game. Thus, when you are playing tennis, you should be consistent.

Also you should consider your first opponent is tennis itself. After playing tennis consistently with minimum number of errors, you should start playing with your opponent. Thus, this article is a complete package that helps you in strategizing your tennis game.

## Tennis Courts

Tennis court changes with the type of tennis match. This article will help you in selection of tennis court as per the tennis matches. This means that this article will tell you the differences between different playing surfaces and which surface is suitable for which type of game. Here are main types of tennis courts and their playing styles, which would help you a lot while playing the game.

- **Rebound Ace:** Rebound Ace is the most commonly used surface for tennis court. This is hard substance and these courts are commonly found throughout the world. Basic layer of this surface is asphalt and top of these is concrete layer. To make this layer semi-sticky and full of grip, sand is mixed with acrylic paint which is painted on top of concrete layer. Rebound Ace Tennis court will have expected bounce and speed because this type of tennis court will be made up of uniformly created tough material. This is the best court for beginners as player feels consistency while playing the game and thus can develop self confidence.
- **Clay court:** Second type of tennis courts is court having surface made up of clay. These courts are made up of pieces of bricks and rough loose clay is build on the top of it. Ball gets slowed down on clay courts because the ball sticks on the ground. Also, while playing there are chances of skidding on court as it has loose surface. Tip for wining on such ground is to hit and spin the ball as much as you can on the opponent side. Thus, the opponent will get very less chance to return the shot. Also you can make shot that can put the ball onto the opponent's foot, decreasing the chances to make return.
- **Grass court:** Third type of court is grass court. Grass courts are not seen very often but you can find such courts at some places. Wimbledon is being played on the grass court. Now a day very few competitions are being played on grass courts. Grass courts are advantageous for players who play quick, low shots. Reason behind this is ball bounces very much low on grass court. While playing on grass, you can gain advantage by changing your shots from one type to another type. Thus, the article provides complete information regarding tennis court's surface impact on tennis game. Now after the reading article, you can know which type of shots you need to play on various tennis courts. If these rules of shots are followed, you can always win point in tennis game.

## **Basics Of Tennis Explained**

Tennis if you have ever stopped to consider what it is can be called a fairly basic sport. Because of this virtually anyone can learn how to play successfully, the hard part is the physical aspect. In terms of how the game is actually played, there are some basic guidelines that will allow you to play successfully without feeling as if you are lost. Even if you are not interested in playing but merely watching, having an idea about what is going on and why will give you a much better understanding of the game overall.

The first thing to know is that tennis involves playing with at least 2 people, sometimes 4 if you are playing doubles and the equipment that is used is a tennis ball, tennis racquet and a tennis court. For each individual player there is also tennis shoes and of course suitable tennis clothes. Otherwise, there is no other equipment that is needed. This makes it a sport that is fairly light to play, unlike football, which has a large amount of heavy equipment that is involved as well.

The tennis court that is used must be a regulation court. This ensures that the overall size and maintenance are all the same so that games are not lost or won based upon the position of a player on a court. The net goes in the center of the court and on each side there is a service line that runs parallel to the net. Further back on the outer edge of the court there is another set of parallel lines with one on each side of the net, this is called the baseline. This is typically where players start playing.

Along the side of the court are lines that mark the outer edges, and these edges are called the alleys. It is important to understand the difference between singles and doubles now. In singles tennis the alley is out of bounds and when a ball hits the alley it is immediately out. However, in doubles tennis the alley is allowed to be used without a penalty. This as you can imagine can cause a much different result in a doubles game than in a singles game.

To actually start the game once you have at least two players you would need to serve the ball. To serve the ball successfully you would be required to serve the ball into the other player's side of the court and hit the service box on their side. The service box is a small box on the left hand side of the court for each player. There is a service box on each side and regardless of which

## **Lawn Tennis Explained**

player is serving the ball must be hit during the initial serve. Obviously, the ball should not just land in the service box, but it must bounce in the service box at least once in order for the serve to be considered good. Otherwise the serve must be repeated.

Once the ball has successfully hit the service box, it is then the aspect of tennis that most people recognize. That is the ball is to be hit back and forth across the tennis court until a player fails to hit the ball back across, or it hits the alley in a singles tennis match. In order to score points you must not hit the ball into the alley and you must always hit the ball when it comes to you. If you fail to hit the ball and your opponent has always hit it then you will not gain a point but they will.

Each time the ball is missed, it will need to be served, and for each time it is served the players will take turns serving. This will allow both players to serve equally during the game. This is obviously the condensed version, which does not take into account specific scoring or even specific scoring strategies, but it gives you a good basic foundation of exactly how tennis is played successfully.

## **Beginners Tournament Tips**

If you have decided that you want to try your hand at a few tournaments you are likely to be looking at a very long and hard road ahead of you. While a tournament can be a lot of fun, it can also be a huge hassle if you do not approach it with the right mindset and fully prepared both mentally and physically. However, if you are prepared then a tournament can be a great learning experience for you.

Always get a good night's sleep before the tournament. Never try to play in a tournament after you have only gotten 2 or 3 hours of sleep. You increase the risk of getting hurt badly if you are overly tired and you really run the risk of making numerous mistakes. All of this compounded together will result in a very bad experience with a tournament.

Pack your bag for the tournament the night before. At the wee hours of the morning, you really do not want to be searching around your room looking for your tennis racquet. If you pack your bag the night before then you are setting yourself up to be successful. However, searching around for items that you need will have you leaving the house thoroughly stressed out and ready to rip your hair out before you even arrive at the tournament.

Eat a good breakfast high in carbohydrates. This will allow you to have plenty of energy to ensure that you can play a good game. If you skip over breakfast, you are going to be more concerned with your empty stomach rather than playing the best game possible. If you are going to be at the tournament all day, you also need to ensure that you take a couple of healthy snacks along as well. This will allow you to keep your energy level up and make sure that you can concentrate on the important aspects of the game.

Always act self-confident. If you look as if you are scared, you are going to be more likely to make mistakes. Realize that you need some experience with competitions and playing against new players in order to really boost your mental strength. If you are not looking confident then your opponent may be successful in psyching you out which can really harm your game. If you act and look confident then you are going to be much more likely to scare or worry your opponent, which will automatically give you the upper hand.



## **Lawn Tennis Explained**

You should also take the time to prepare your outfit at least a day before the tournament. If something can go wrong it will, this means that your cute little dog will run off with your socks, shorts or even chew on your shoes. Preparing ahead of time would ensure that you have an extra pair of shoes on hand in case this comes up and have ensured that all of your clothes are put up in a safe place where you will not have to worry about them becoming the dog's favorite chew toy. Remember, being prepared will allow you to really boost your confidence, after all there is nothing worse than losing a match before you even start playing because you freaked out over a small problem.

As a final preparation, you should ensure that you spend some time practicing the day before the tournament. This will allow you to practice your skills and ensure that you have mastered your killer backhand before you show it off to everyone at the competition. If you are able to practice the morning of the competition even better, but be careful not to overdo the early morning practice. You need your strength and energy for the competition itself. Always ensure that you have practiced any skills that you plan to use at the competition, because this is not the appropriate time to try out new skills that you have not had time to thoroughly practice.

## **Common Tennis Injuries**

There are several things that you need to be well aware of as you consider how you are playing tennis. The body is susceptible to so many different potential injuries in the process of playing tennis that it is very important to be careful about how you play so that you can avoid as many injuries as possible. Yet even the most careful player will likely have an injury at some point in time. Learning to avoid most injuries and also learning which are most common will give you the advantage in a fast treatment, which will ultimately lead to a quick healing process.

Of course true to the name tennis elbow tends to be a very common injury. This is an injury that occurs to the upper arm on the inside close to the elbow itself. This tends to create problems with the way that you use your arm overall and if you are not careful you can badly injure your arm even further. The best for of prevention for tennis elbow is some rest as well as ensure that you are stretching thoroughly both before and after any time that you play. Even if you are only playing for a short period of time while you practice a good stretch is still useful to avoid injury.

Another highly common problem is tendinitis. There are several different types that tend to strike at tennis players and they include shoulder tendinitis, rotator cuff tendinitis, Achilles tendinitis and even wrist tendinitis. Tendinitis itself is defined as inflammation of the tendons. This means that for each area where tendinitis can occur for a tennis player that the tendons have become inflamed, irritated or even swollen. The exact amount of time it takes for tendinitis to heal generally varies greatly but it can be anywhere from a couple of days to several weeks.

Another highly common problem is osteoarthritis that occurs in the knee. Because of the huge amount of impact that occurs to the knees it is very important to ensure that they are as strong as possible as well as the shoes that you wearing are very strong. If you wear shoes without proper cushioning and do not take good care of your knees then you are at a much higher risk for osteoarthritis.

The biggest thing that you need to always keep in mind is that most tennis injuries are either acute or cumulative. This means that either they occur over time due to being over used or they occur suddenly due to trauma. Regardless of the exact type of injury taking the precautions

## **Lawn Tennis Explained**

necessary to ensure that you are wearing the appropriate safety equipment will go a very long way to ensure that you avoid as many injuries as possible.

It is also a wise idea to look into finding a good sports medicine doctor that you can work with in the event that you get an acute injury such as a torn rotator cuff, shoulder separation or even an Achilles tendon rupture. Taking proper care of injuries quickly is very important so knowing exactly who you will see if an injury occurs is a very wise decision to have worked out that will help you ensure that you stay as safe and healthy as possible no matter how long you play tennis.

## **Essential Considerations For Your Tennis Bag**

What you may not realize is that while having a great racquet will help you on the court, a good tennis bag will help you to do just as well off of the court. This is the primary reason why it is so important to have a tennis bag and will leave you wishing that you had a good bag on the days when you discover that you have forgotten an essential item. There are several things that you should keep in mind when you are picking out your tennis bag and if you are careful in your decision, you will have a bag that makes you very happy and lasts a long time.

You need to first ensure that you select a bag that is a good size for your needs. If you only need to carry a few things with you then an oversized bag will be a pain for you to deal with. However, if you need to carry a lot of equipment with you then it will be important to look for a bag that is much larger to ensure that you can carry everything that you need. If you just need a small bag then an oversized bag will just be a huge hassle that you will likely not take with you like you should. In order for your tennis bag to be effective, you need a bag that fits your needs without weighting you down.

If you are looking for a bag that will carry everything that you could possibly imagine and it is necessary to have it rather large in size then you will need to ensure that the bag that you select is constructed from very strong materials in order to ensure that it does not break. Many of the problems with cheaper bags is that they tend to break under the weight and pressure that a full bag will bring. You need to look for something that is reinforced and constructed with at least two layers of material in order to ensure that it will not tear up.

If you can use a much smaller bag then it is generally a good decision. This will allow you to carry fewer items with you, which reduces the amount of things that could be lost or stolen, plus it reduces the weight that you are carrying around to a level that you can comfortably handle. This can be a huge help when you are trying to ensure that you do not overweight your body.

The choice of color, brand and even style is something that you can decide upon based upon your personal preference; however ensuring that you have at least a shoulder strap on the bag will be a good idea so that you can comfortably carry the bag without hurting your hands. If you try to use a bag that only has hand straps you are going to be looking at a lot of weight and

pressure on your hands, this is completely unnecessary and should be avoided at all costs before a game or even practice.

Picking the right bag will ensure that you are organized, as well as not hurting yourself carrying a bag around. However, if you are trying to pick out a bag that is bigger than you are then you are likely setting yourself up to be injured. Choose a bag that is small enough that you can reasonably carry it, in addition ensure that the bag has a padded shoulder strap so that you can protect your shoulder from enormous levels of strain. If you are unable to protect your shoulder then you are putting yourself at risk of an injury simply from carrying your bag, which will cause you several problems.

A great bag is essential, but choosing the right bag will be a process that generally takes a while to decide. In addition, you should avoid the idea of purchasing the cheapest bag that you can find. This will almost always result in increased amounts of frustration because the bag will break, rip, or even hurt you as you carry it. A good quality bag is well worth the price.



## **Exercise Tips For Tennis**

As you can imagine, tennis is a very strenuous sport that requires a lot of energy as well as a really good physical condition in order to play successfully. This does not mean that you need to be a professional athlete to play well though. Of course the professionals have a physical trainer to help them, but you can achieve some of the same benefits by simply ensuring that you are doing exercises that will help you improve your game. How long you devote to exercise depends entirely on you, but you will be very glad you invested the time.

Running is one of the best things you can do. Whether you run at a full run or you choose to just jog does not matter as much. However the fact that you are running is phenomenal. If you stop and think a lot of tennis involves running back and forth across the court. If you have the energy to do this and do it without running out of breath then you are well onto the right track to ensure that you are in good physical shape. Running from one end of the court to the other and losing your breath in between will make it much harder for you to successfully play.

You are also going to need to work on strengthening your abdominal muscles. Having a good strong core with toned abs will help you achieve a powerful swing. While you do not need washboard abs you do need to ensure that you can control your abdominal muscles while you are playing. This means you are going to have to resort to some sit-ups and crunches to ensure that your stomach muscles are toned.

The muscles in your back cannot be ignored either. Using various workout equipment you can generally tone these in just a few minutes a day or however often you work out. Taking some small weights and focusing heavily upon repetitions rather than the actual weight amount is quite helpful in order to improve your overall back strength. Remember, many of the racquets that are used are quite heavy, so having the strength to lift them is important.

The arms and legs need to be toned as well. To do this some leg curls, arm curls and a bit of lifting weights can help. Once again you need to focus on repetitions since this is going to help you greatly while you are playing. The pure muscle mass is not as important as the ability to maintain your energy and strength during a match. You should strive to work towards higher

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numbers of reps regardless of which workout method you chose rather than pushing to bench press 300 pounds.

The final thing you need to work at is stretching. If you are doing proper stretches before any workout and before actually playing you are going to ensure that your muscles are in top shape. This will allow you to be a little bit looser in your playing without always being injured if you step slightly wrong. If your muscles are able to bend, flex and stretch without tearing or pulling immediately you will be able to avoid a lot of injuries. Make sure that you are always stretching as part of any exercise routine that you engage in to make sure your muscles are in top condition.

## **Grip, Footwork, And Strokes In Tennis**

Footwork is weight control. It is correct body position for strokes, and out of it all strokes should grow. In explaining the various forms of stroke and footwork I am writing as a right-hand player. Left-handers should simply reverse the feet.

Racquet grip is a very essential part of stroke, because a faulty grip will ruin the finest serving. It is a natural grip for a top forehand drive. It is inherently weak for the backhand, as the only natural shot is a chop stroke.

To acquire the forehand grip, hold the racquet with the edge of the frame towards the ground and the face perpendicular, the handle towards the body, and "shake hands" with it, just as if you were greeting a friend. The handle settled comfortably and naturally into the hand, the line of the arm, hand, and racquet are one. The swing brings the racquet head on a line with the arm, and the whole racquet is merely an extension of it.

The backhand grip is a quarter circle turn of hand on the handle, bringing the hand on top of the handle and the knuckles directly up. The shot travels ACROSS the wrist.

This is the best basis for a grip. I do not advocate learning this grip exactly, but model your natural grip as closely as possible on these lines without sacrificing your own comfort or individuality.

Having once settled the racquet in the hand, the next question is the position of the body and the order of developing strokes.

All tennis strokes, should be made with the body' at right angles to the net, with the shoulders lined up parallel to the line of flight of the ball. The weight should always travel forward. It should pass from the back foot to the front foot at the moment of striking the ball. Never allow the weight to be going away from the stroke. It is weight that determines the "pace" of a stroke; swing that, decides the "speed."

## **Lawn Tennis Explained**

Let me explain the definitions of "speed" and "pace." "Speed" is the actual rate with which a ball travels through the air. "Pace" is the momentum with which it comes off the ground. Pace is weight. It is the "sting" the ball carries when it comes off the ground, giving the inexperienced or unsuspecting player a shock of force which the stroke in no way showed.

A great many players have both "speed" and "pace." Some shots may carry both.

The order of learning strokes should be:

1. The Drive. Fore and backhand. This is the foundation of all tennis, for you cannot build up a net attack unless you have the ground stroke to open the way. Nor can you meet a net attack successfully unless you can drive, as that is the only successful passing shot.
2. The Service.
3. The Volley and Overhead Smash.
4. The Chop or Half Volley and other incidental and ornamental strokes.

## **Important Mind Control Techniques For Tennis**

Unlike what I am sure you are thinking we are not going to set out to perform voodoo on our opponent, nor are we going to try to control them through some ancient form of telepathy. Rather the goal is to improve how you approach each game from a mental standpoint so that you can be much more successful. This means that you should approach each and every game with a successful and positive attitude in order to truly find success on the tennis court.

The first thing that you always need to do is ensure that you get plenty of sleep before a match. While the idea of staying up late to practice may sound great, you will be causing yourself problems with actually paying attention at the game itself. This is not a wise decision. In order to remain calm and follow a well-developed playing strategy you need to ensure that you have gotten the rest that you need. Someone who is tired is not going to be as mentally sharp as someone who has gotten a good 8 hours of good sleep.

Stay as calm as possible before the match. While matches are exciting and it is easy to get all wound up in the excitement you need to try to detach yourself as much as possible. People who are overly excited make mistakes; they get nervous they practically give the game to their opponent. This is rather sad honestly, because most people do not set out with this idea in mind, rather they set out with the idea of being able to beat their opponent and end up leaving the tennis court sorely disappointed. If you keep your excitement under wraps until you are done playing you will find that you have a much easier time concentrating on the court and are therefore able to really focus on playing the best possible and keeping your eyes on the ball successfully.

You should also ensure that you are not taking any kind of medication before a game that will make you groggy. This is a huge problem for some players more than others. If you have allergies of some form, you may discover that your allergy medication makes you a bit sluggish and groggy. This is a potential problem and there are a few things that you can do to correct it. Your first choice is to wait until after the game to take the medication if your allergies will allow it. However if you have bad allergies then your only other real option is to talk to your doctor and see if they can prescribe something that will not make you groggy.



## **Lawn Tennis Explained**

Always look your opponent in the eye with a confident nature whenever possible. This will have your opponent literally freaking out on their side of the net because you will look like you know exactly what you are doing and are about to cream them. This can be really scary for someone, especially if you are playing against someone who has not developed their skills fully yet. If you are able to pull this off you can have your opponent making some small mistakes before they have even had a chance to return your serve. It is important to remember that you cannot just stand and stare at your opponent for the entire game, you must actually watch the ball, but between serves, a few good self-confident looks can be quite useful.

The primary focus of tennis may be bouncing the ball back and forth across the court but you are going to have to learn how to control your mind in order to effectively play. If you allow yourself to be easily distracted, you will find that you are prone to numerous small mistakes that would not occur if you were not nervous. Nevertheless, learning to hide the fact that you are nervous will take some time and practice, yet it is entirely possible to do if you work at it.

## Improving Your Tennis Serve Made Easy

There are a few quick and simple steps that you can do that will help you to dramatically increase your tennis score. However it is important to actually practice the steps rather than just read them. If you take the time to practice these quick steps you will see an almost immediate improvement in your tennis serve and you will notice that your entire game will improve overall.

The first thing that you need to do is to always relax your arm and your wrist. If you are tense, stressed out or easily excited you will notice that your arm will be quite tense. This will actually hinder your serve. Rather than acting like a wound up arm with more power, you will notice a definite decrease in the power that you have in your arm. This is the opposite effect from what you want. It is essential that you relax your arm and wrist. It is considered that as much as 20% of the power in your serve comes directly from the wrist, if your wrist is tight or tense you will lose as much as 15% of that power immediately. This is a huge hurt when you are trying to squeeze as much power as possible.

The next step is you need to practice your arm motion until you have a nice smooth and fluid movement. If your serve is jerky you are going to lose some of the power that you have gained by relaxing your arm and wrist. You need to practice this over and over again; however you should not practice this if you are overly tired. When you are over tired you will notice that your arm is much heavier and it is a lot harder to get the smooth and flowing movement that you really need in order to successfully serve the ball.

Jumping during your serve is also important. In fact this is one of the single most powerful movements that you can do in order to improve the overall power of your serve. If you are trying to really maximize your serve then you need to ensure that you are jumping as you serve. However, you also need to ensure that you are wearing a good pair of sturdy tennis shoes with plenty of cushion in the soles to protect your foot as you come down on impact with the court. This can provide a lot of relief to your knees as you land and will soften the blow to your body while still giving you the most power possible in your serve.

The final thing that you can do the most to maximize your serve is ensure that you are lining up your body with the service box that you are aiming for. If you are turning your body towards the

## **Lawn Tennis Explained**

stands or even the field across the way you are simply not going to be able to hit the service box like you need to in order to have a successful serve. This is something that is not negotiable; you need to aim the ball and to do that you need to turn your body in the direction of your target. This may take a bit of practice but if you practice your body facing you will see that it gets much easier over time and your serve improves dramatically.

## **Is Tennis Camp A Wise Investment?**

If your child is training to be the next great tennis player then you may be wondering if a few weeks at a tennis camp is a good idea. The plain facts of the matter are that each child is different. What is best for one child may not be best for another, but some general guidelines will usually be quite helpful in deciding if sports camp is a good idea. Making a good decision can mean encouraging your child, making the wrong decision could turn your child against tennis for life and may be potentially devastating so always proceed with caution.

You need to first consider your child. If you have a child who is ready and determined to train for the Olympics for example then working towards finding a suitable tennis camp is a good idea. However, if your child merely enjoys tennis as a hobby then finding a tennis camp for much longer than a couple of hours a day may have the result of burning them out on the sport. Ensure that your child is participating at a reasonable level, this means if all year long your child is practicing tennis for a couple of hours each day that perhaps a few weeks off in the summer will be good for them.

You should also carefully look for the perfect camp. Never choose the first camp that you find. You want to look around and see what the focus of each camp is, whom the instructors are, what type of safety precautions they provide and you should also ask how they screen the staff. It is especially important to be cautious now with so many horrible adults gaining access to children. You need to know that your child is safe if you send them to camp.

Additionally you need to compare the costs of the camp with what you are getting. If the camp costs more than several months' worth of lessons you need to be assured that they are going to have plenty of time to work on their skills. If all they are doing is sitting around a campfire singing and dancing then there are better uses for the money. However, if you are looking for just a fun camp and they also offer some tennis classes then this would be much more acceptable. A camp that is geared specifically towards tennis needs to provide some good reasons why your child should attend in order to really earn your business.

One of the last things that you need to consider is your own personal schedule. If you are planning another family trip at the same time then perhaps skipping the summer tennis camp is

## **Lawn Tennis Explained**

a wise idea. Spending time with the family is much more important than getting a few extra hours of tennis practice worked in. Take the time as a family to get away from everything and then allow your child to pick back up on classes when you return.

This will work wonders towards giving your child a much needed break, allow your family to bond and help everyone ensure that they have time for some other activities as well other than those they engage in all of the time on a normal daily basis. Work to make time for a few family activities and you should see your child improve on the court.

## Keeping Your Eyes On The Ball

One of the most important things that you will ever hear when you are playing tennis is to keep your eyes on the ball. Games have been lost because a player cannot do this. Yes, it seems virtually impossible to really keep track of that fuzzy yellow ball when it is spinning through the air coming right at you but realize that if you miss you are giving your opponent points. This as well as the risk of danger or getting hurt should be enough motivation to help you really focus on where the ball is at all times. If you lose track of the ball you could find it with your head, rather than your racquet.

In order to really master tennis you are going to have to learn exactly how to track the ball no matter where it is. Do not worry so much about watching your opponent or even scanning the crowd looking for your sweetheart or your parents. They can see you, and you do not need to see them, instead your focus should always remain on the ball. If you have difficulty following the ball there are some things that you can do to help correct this situation, after all you want to improve your overall game strategy and skill level so taking the time to really emphasize your weaknesses through more training will help you overall.

There are numerous video games lately that are teaching skills. Primarily the Nintendo DS offers several eye movement coordination games. This is a time when playing your video games can actually be good! Who knew that playing a game was actually able to be helpful, but it is just one way that you can improve your vision skills. There are also games that are made for the computer, and even drills that you can do with a friend to help you improve your skills. Work on this a bit and you should start seeing that you can track the ball much easier.

Avoid trying to watch the crowd while you are playing. The crowd really does not care that you are playing, honestly they do not. While they are there to watch you play, they are probably doing some things that are rather distracting. Honestly, they do not always mean to be distracting, but they are and if you focus your efforts and energy on watching the audience, you are going to dramatically hinder your game. Instead, it is important to try to tune out exactly what the audience is doing and instead focus on the ball and your opponent. This will help you to ignore anyone who is acting strange in the crowd and also allow you to keep a good steady line of sight with the ball.

## **Lawn Tennis Explained**

Another thing that you need to do is simply practice. You cannot expect to walk out onto the tennis court for your first match and play like a professional. This would honestly be a great occurrence, but the professionals of tennis might be a bit upset. After all those who play tennis well have worked for years to highly develop their skills including watching the ball. You are not going to be able to simply read a book, watch a video or play a video game to walk out and play a perfect game of tennis. You will need to pick up a racquet and go out and actually play in order to gain some highly valuable real life experience.

With a bit of practice and some workout sessions to help train your eyes you will be able to always spot the ball during the game. This will allow you to better focus on where you need to be in order to keep the ball in play. Learning how to watch the ball is not a trivial thing, this can be one of the most effective ways to improve your overall play without having to be a complete power player.

## **Keys To Success**

As most people readily realize, everything you do in life is directly determined in success by how you approach it. This means if you are willing to approach a situation with an open mind and a bit of self-confidence in yourself, you are going to be much more likely to succeed than someone who approaches with a grudge, attitude or just lack of self-confidence. At the same time if you are trying to learn a new skill you are not going to set out with self-confidence so you need to learn some things to help you readily adjust to the things that you encounter.

These same principals apply to tennis as well. What may seem overly complicated with a bit of patience and self-confidence can become readily manageable. However, if you do not approach the game with some self-confidence you are likely to fail. This is true of anything that you do, even if it is something other than tennis. The final result of your performance is altered based upon your own personal approach and there are several things that you can do to improve your overall approach and ensure that you are having the best experience possible.

Approach the sport with an open mind and embrace it. If you just half attempt the sport then you will increase the chances of getting hurt, decrease your chances of success and wish you had never picked up a tennis racquet. If you approach with a positive mindset, you are going to put yourself in a much better position to be successful, regardless of how long you have been playing. A player who approaches the court in a good mood and with a positive mindset is going to be much more likely to have a good game than someone who is in a bad mood.

Accept that mistakes will happen. Even those players who are professionals make mistakes, which is part of life in general. Accept this fact and take your mistakes as a chance to learn a lesson. If you discover that you are making a mistake in your timing for swinging the racquet, take that as a chance to improve your timing. If you take everything that you do wrong as an opportunity to improve, rather than as a failure you will be able to really improve your overall outlook. To make you feel better, remember that even the best players are going to have days when they play horribly, make mistakes and just do not want to be on the court.

For those who have been playing a lot it is also important to avoid burn out. This can strike any sport, hobby, job, career or activity. If you do nothing but play tennis every waking moment that



## **Lawn Tennis Explained**

you are awake, you are going to be running straight into a burn out in no time at all. Rather than do this to yourself ensure that you take a break at times to go shopping, hang out with friends and even just sit around on the couch acting lazy and watching television. This will allow you to come back to the tennis court with a fresh mind and ready to play again. The time that you spend away from the court in these circumstances can be just as valuable as the time you spend on the court.

You should also realize that each player has their own particular style. What works best for your coach may not be what works best for you. While you should take your coaches advice, you need to ensure that you are doing what is comfortable for you. For example, your racquet, shoes and clothing need to be fitted for you and your needs, rather than what your coach can comfortably use. If you take the time to do things your own style, you will be able to really develop your skills. Never just try to completely copy another player, even if it is your coach.

## **Required Tennis Equipment**

Of course there are the basics such as the balls but what are some of the other pieces of equipment that are needed in order to play effectively? Having the necessary tools of the trade is always essential in order to be successful and tennis is no exception. Having the right equipment can mean the difference between being able to play successfully or not being able to play because you do not have something that you need.

The first piece of equipment and what often comes to people's mind first when they hear the word tennis is the tennis balls. It is important to ensure that you are purchasing the correct tennis balls. If you choose the wrong balls then you could have a huge problem with a lack of performance. However, knowing that balls come in several different types is important information to ensure that have exactly what you need.

Of course a racquet is important as well. Depending upon your exact skill level the type of racquet that you need may vary. If you are just starting to learn tennis expect to need to purchase at least two or three different racquets while you are learning as you move along the various skill levels. This will allow you to move up in skill level as you improve in your overall technique.

A good pair of tennis shoes is also essential. You need something that fits correctly, provides the right support for your foot, has plenty of lateral support built in and is designed to last. Simply walking into a store and buying the first pair of tennis shoes that you see will almost always result in a bad fit. You need to be prepared to spend some time really looking around to find the best shoes for your needs. If you are having difficulty selecting the right shoes talk to a professional at the store to get some advice based upon your needs and foot type.

Tennis bags are also essential. This will allow you to carefully store all of your things into a single bag. Going to practice is not like you are going on a miniature vacation so you do not need to take along numerous little suitcases. Instead you can take along a single tennis bag that holds all of your necessary equipment.

## **Lawn Tennis Explained**

Other things that are nice to have include small towels, wristbands, a headband and even a hat or visor to help keep the sun out of your eyes. These things combined with some good sunscreen will work to ensure that you are comfortable out on the court and off the court. If you do not have everything that you need then you can generally pick them up at virtually any sports store that is available. Never try to use equipment that is worn out, broken or that does not suit your needs based upon your skill level. This means if you need to use a power racquet you should not attempt to use a control racquet.

As far as tennis apparel goes, different places have different rules. Some require solid colored outfits while others have no problems with colors and patterns. Check with your local tennis club, instructor or anyone else similar to see exactly what is required for where you plan to play at. This will ensure that you are always appropriately dressed for their needs and requirements.

## **Should You Teach Tennis?**

If you have ever considered yourself a stellar tennis player you may have had the idea of teaching tennis cross your mind. The freedom and flexibility that this provides can be almost unmatched and it also provides a great excuse to play more tennis. If you thoroughly enjoy the sport then this is the perfect thing to seriously consider. However, before you go jumping into a new career there are some things that you should take into consideration to ensure that it is a good match for you and your personal goals in life.

The first consideration is do you really like tennis. Some people simply tolerate tennis; if this is you then teaching tennis may not be the best idea. Someone who is successful at tennis absolutely loves it and there are few things that they would rather be doing than play tennis. This love is part of what drives the most successful instructors and it is also what has been known to produce the best coaches at the higher levels. Ensuring that you love tennis is a great first step because as a teacher you will need to practice yourself, plus spend time on the court teaching others.

You should also consider your people skills. While a teacher certainly does not need to win a popularity contest based upon their individual style it is important that they at least know how to successfully talk to people. Having good people skills will ensure that not only can you teach people, but you can also gain the trust of people as well. Someone is not going to be likely to pay for an instructor whom they dislike. It is important to treat people well in order to have students who return after the first lesson. Of course you could always have poor people skills and still attempt at teaching; however you are not likely to be very successful, have few good references and also have problems with students returning after the initial lesson.

You are also going to need to look into the certification process to become a certified teacher. This may seem frivolous if you only plan to teach occasionally, but it shows that you are dedicated to teaching the proper methods rather than simply turning someone loose on the tennis court with a racquet and a few balls. By being a certified teacher you can command higher rates for your time, plus you show your perspective students that you care before they have even met you.

## **Lawn Tennis Explained**

The final thing you need to consider before taking on a new career is exactly what your skill level is. If you are just a beginner at tennis yourself then it is impossible for you to teach someone else. This means you are going to have to wait on your career change until you have the skills necessary to really successfully teach someone else. If you are a highly skilled player then this is not a concern for you, but the old saying of the blind leading the blind is never good. Especially in the situation where someone is paying you to teach them a skill, if you do not have all of the techniques mastered yourself you will not be able to teach someone else. If you are at least an advanced player you generally have enough skill, there is no reason to not teach just because you are not a professional tennis player.

## Tennis And Children

Parents are always looking for a good sport for their child and more and more parents are starting to turn to tennis as the perfect sport for their child. The benefits of tennis go far beyond simply learning good sportsmanship skills, it also goes deep into learning good skills in terms of eye coordination and even hand eye coordination just to mention a few. Deciding if tennis is the right sport for your child is sometimes easy and at other times a bit more complicated, but you should always take a cue from your child as you make the final decision.

The first step should be deciding if your child enjoys playing with large groups of people such as with football or soccer or if they prefer to play solo sports. While tennis is not so much a solo sport you are playing against another three people, rather than an entire field like many team sports involves. If your child does not like the idea of playing by themselves then tennis may not be the best match for them.

Children should also feel comfortable having a ball flying at them at high speeds. While nobody really sets out to walk onto the tennis court and be hit in the head with a ball, it is a possibility that is entirely possible to happen. If your child is quite shy they may not be comfortable with this idea, however if they are not easily intimidated then you may not have any problems with your child being upset over this. Many children take this as the perfect time to get started really improving their skills and technique in order to protect themselves from the ball.

You should also look at the benefits that tennis can provide. It is a great form of exercise that allows your child to move around the tennis court a very great deal thus providing them with plenty of exercise. At the same time, it is also possible to practice improved hand eye coordination, teamwork skills and even learn how to make quick decisions as a split second. A child who has issues making a decision is generally not cut out for tennis, however a child that is able to just jump in and make a fast decision will generally do very well at tennis.

Another good benefit of tennis is the ability to practice on their own. While many sports need a child to interact with numerous other people in order to actually practice a solid wall, tennis ball and racquet can allow your child to easily practice almost anywhere, even at your home. This

## **Lawn Tennis Explained**

allows your child to have the time to practice that they need which can be a huge help if you are looking for the best sport possible that will not potentially damage your property.

For parents who are looking for a competition sport tennis makes a wonderful choice, you can choose just how many or how few competitions you are comfortable with your child participating in and ultimately they can even play in the Olympics or as a professional if they are skilled enough when they get older. This can allow you to consider that tennis is a great sport because it has a serious future ahead that is very much possible for virtually anyone to learn.

## **Tennis Equipment – New Or Used?**

If you are trying to get started in tennis you have no doubt discovered that many of the different pieces of equipment that are necessary are a bit expensive. However, if you are willing to purchase some equipment used you can save a lot of money. The problem becomes determining what you can really purchase used without putting yourself at risk for injury, or even potential frustration. Savings money should never be a greater priority so it is important to follow the advice that is listed here if you are considering buying any used equipment.

Tennis Racquets are a piece of equipment where being new or used generally does not matter. However, while it is ok to choose used from a price perspective without jeopardizing safety it is also important to realize that you need to know exactly what you are looking for in a tennis racquet before you ever buy one used. If you are trying to find a power racquet and end up buying a tweener then you have just wasted your money. However, if you are looking for a racquet and manage to find one that is a level up, such as looking for a power racquet and finding a tweener then you can purchase the higher level racquet and hang onto it for later on. It is still important to use the recommended racquet in the meantime however.

Tennis balls are one of the biggest expenses that people tend to have simply because they need to be replaced so often. Generally speaking it is best to avoid used balls unless you know for sure that they are not pressurized. If you suspect that the ball is a pressureless and it still has a suitable fuzzy felt surface then you may be able to save a few dollars. However, you should check to ensure that they are the right type, remember tennis balls come in Basic, Extra duty and high altitude models.

The tennis bag is another place where you can save some money and buy used. As long as you carefully check the bag you should make out fine picking up a used model. This will allow you to reap some huge financial benefits. Key things to check are the zippers, pockets, the straps and any hardware that the bag includes. You do not want anything that is damaged. Additionally, you need to ensure that the bag is the suitable size. You are not going to save any money at all if it is the wrong size for your needs. You will still ultimately purchase a new bag in the correct size so avoiding this hassle is best.



## **Lawn Tennis Explained**

The final pieces of equipment that you can buy used without problems are the various tennis clothes that you pick out. This is a great way to get a good deal on the tennis clothes that you need. However, while clothing is fair game, shoes are off limits. Never purchase used tennis shoes. You do not know how the other person has worn them; you do not know if they are worn out and the chances of used tennis shoes have less lateral support is quite high. This increases your chances of injury ultimately. Take the money you saved from buying the other equipment used and make sure you put it onto a good pair of tennis shoes that fit you properly.

## **Tennis: Concentration Helps**

Often, you might be confronting with fatigue, while playing a tennis match. It might be very irritating and frustrating. We really get rid of our focus on the ball completely, while we are fatigued or tired. It really becomes the turning point in a match. It can happen that you are stronger than your opponent, but then you are fatigued in the middle of the match and your opponent takes the match away from you and ultimately defeats you. These kinds of things can irk the hell out of you. So, it is better to take precautionary measures as there is a famous saying, "Precaution is better than cure".

To stay fit while playing tennis, you should hit the gym on a daily basis. Firstly, take moderate weights and then gradually start increasing your weights. Perform many different kinds of exercises in different styles. What you should do is, finish 1 set which consists of 12 reps of each exercise four times. Then, take a break of maybe 30 to 60 seconds and start a new exercise. Follow the same procedure for the new exercise too and let there be a continuation of the same procedure for all the exercises. Do a maximum four different exercises in a day.

But, make it a point to change the exercise in alternative days so that your body gets complete nourishment. If you do different exercises, then all your body parts will undergo a sea change. But, as you play tennis, try to focus on the parts of the body, which are useful in playing tennis.

The next tactic is to practice and practice while you are tired. Call your friend to play a game of tennis one fine day. Then, what you do is sprint of the opposite doubles line. This has to be done as fast as possible, so that your speed increases. Actually, it helps you to get tired and exhausted. Contrary to your thinking, try to understand the hidden point. Once you get tired, start a rally by keeping the ball in motion. Replicate it eight to ten times. The idea is that when you get tired on the court, you should be able to kick that weariness and reinvent the vigor in you. It will restore the get-up-and-go attitude and the previous oomph in you.

These tips plus some Tennis Fitness Programs will really get the best out of you. Proper planning and follow up will ensure you to defeat the weariness while playing a tennis match .

## **Tennis: Improve Your Serve**

Which tennis player would not want to mold himself into a better tennis player? This article involves unique and special methods and approaches which might have never been told anywhere and they can perk up your tennis abilities. This article makes an effort to meet the needs and requirements of every tennis player. This unique supply will assist the tennis players to get better in the pace of serve radically, and will also assist in other features of tennis.

### **Working on the Serve**

The following serve approach can make a person augment his serve speed by 10-20 Mph. All tennis players are seeking for the instructions that will develop into concrete method. The provided resource is not just helpful for beginners but also for experienced tennis players:

- For those players who are just beginners, the speed can enhance around 10-50 Mph on their serve.
- For those players who are experts, it can enhance around 10-20 Mph on their serve.

These developments will start appearing within couple of weeks of employing the approaches provided in the article. The primary step is to get better in your essential serve.

### **How to Get Better In Essential Serve?**

A lot of people study their essential serve exclusive of any investigation from before. They gain knowledge of methods that may not just be short of authority, but can lead to wounds too. It is not anyone's mistake, a lot of people permit themselves to have terrible shape because of the deficiency of guidance, and this is what needs to be fixed.

### **What to Do?**

It is a good approach to try out serving by the following method:

- 1) Grasp the ball making the right foot equivalent to baseline and the left foot directing at the net.

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- 2) Grasp the ball by the right leg and visualize a direct up and down fling.
- 3) After releasing the ball, fetch your racquet in reverse.
- 4) Move your burden against the back foot.
- 5) Turn your knees subsequent to when the ball is freed.
- 6) To gain utmost control, the racquet required to be lynching downward following your resting wrist.
- 7) Unbend your legs, smooth down your elbow. After that, utilize all that boosted power to torpedo your wrist about previously hobble racquet in hand. Do not crack your wrist as this can lead to cause injury.
- 8) The position of reaching the ball must be unswervingly on top of you. Stare at the racquet and smack the ball for a second. A lot of starters do not even gaze at the ball while performing this act, and that's when they face problem with serving.

The above steps are just to give a basic idea of how to serve. Getting the essential idea of serving can help in enhancing the skills and capabilities in serving. There are five other essential serves involved in tennis. Once a player gets a clear hand on the above mentioned tips on serve, then the player can opt for other variations too.

## **Tennis: Exercise For Power**

It is indeed important to stay fit while you are playing a game of tennis. So, it is also important to do some exercises to restore the liveliness in you. If you do not exercise, you are bound to get jaded while playing a good tennis match. You will also lose interest in playing and won't feel the thrill of the game. An easy match, where you are bound to win can be taken over by your opponent, if you are tired. So, it is better to take some precautions. The best precaution is exercise. Although, there are some very good exercises, there are also exercises which are dangerous, if not worked on properly.

One such exercise is the upright row. It is done by taking a pair of dumbbells or bars in your palms and moves it upright until it is below the chin. Also, the gap between them should be five meters. This exercise is equally dangerous and essential, because if you are not in performing this exercise and are into playing a lot of tennis, it can cause problems to you i.e. it will cause tremendous pains to you.

The reason why this exercise is treacherous is because we put deviant force on the joint at the time when the tendons of the elbow are stiff as the elbow is not meant to move in that sort of direction. This causes pain and the reasons can be explained.

Bring your forearm close to your upper arm such that your forearm is perpendicular to the surface beneath.

Now, after the 90 degree is formed between your fore arm and the ground, you need to try turning your elbow more laterally crossways to the body. To the contrary of your trial, it won't bend as it is not meant for bending that way. It is totally against the natural movements of the elbow, thus making it very difficult and painful. The ligaments and the tendons can be affected as their feature is to curb the elbow from moving in that sort of a direction. It can also cause inflammation and BAM to the elbow, thus shortening the chances of your participation in the game of tennis. The force put on the elbow is a kind of new force for the elbow. So, it can't take the force. It thus gives rise to pain and various other problems.

Therefore, as far as this exercise is concerned, one should more or less try to avoid this

## **Lawn Tennis Explained**

exercise and go for other options available. If at all there are no options available, then it is okay to go for this one. There are many other alternative exercises that you can try and be fit while playing a game of tennis in the court. It is not inevitable to do this exercise as it is essential but not mandatory.

Thus, choosing the right exercise is an indispensable thing to get the energy restored in you at the time of playing tennis.

## **Tennis: Tennis Elbow**

To many people's experiences, tennis elbow affects even those people who play sports other than tennis. Be careful not to cause damage to your tendon in the external muscles of the forearm as it will lead to Epicondylitis. The lateral epicondyle of the bone of the upper arm, which is also known as humerus and the tendon of the external muscles are joint. If you are letting the tendon move in the wrong direction, then the tendon withstands a lot of pain. Else, if you are like making the tendon do what it is not used to do in normal cases, then too it gives air to damage to the tendon. It then gives rise to inflammation, BAM or soreness to the elbow, which results into you not even taking part in the game.

Also, if you are overusing the tendon to an extent, then the tendon gets injured. When the elbow is not in proper working condition, then you have to face many problems in the court such as losing concentration, improper grip on the racket, lack of vigor, poor backhand tactic etc.

Further, you don't feel flexible and also your racket seems to be a bit heavy to you, thus resulting into diminution of liveliness in you while playing a game of tennis.

Other sports in which there occurs a problem of tennis elbow are the one in which throwing is there; also, the one in which there is a repetitive usage of scissors, shears or pliers. The elbow joint and the forearm muscle should be rested and connected upon to the tendon, which is injured. It can be done whenever it is convenient for you to do so. It will surely heal you. Also, even by mistake, never ever press or push the tendon that is damaged. The muscle that is connected to the damaged tendon is positioned on the exterior of the forearm and on top of the bone.

If you massage the extensor muscles instead of the tendon, which is joined to the injured tendon, the massaging will let the tendon heave a sigh of relief and the pain will also be decreased to a certain extent. Put a bag of ice or frozen peas on the damaged area. Let it be there till 15-20 minutes. Continue this process till maximum three times a day according to your own convenience.

There should be a gap of minimum two hours between each application of ice. Our aim is to let

## **Lawn Tennis Explained**

the muscle have a sigh of relief and also to reduce inflammation which is again a big problem. This will help our pain to be diminished. Ibuprofen and ultra sound therapy are some of the various different methods which also work.

If after using the above prescribed methods, you are not getting relieved of your pain, then you can consult the doctor. He would recommend you some Cortisone shots. If at all, this also doesn't work, then surgery is the last option. But, don't worry as 95% of the people cure without surgery..



## Tennis: How To Learn

Tennis is quite a popular game all over the world. Learning tennis is not quite an uphill task, but people lack determination to learn tennis. Determination is eaten up by either laziness or no self confidence. If these both are there, one can not only learn tennis but also be an expertise in the game of tennis. All you need is that willpower to screw it and just do it.

If you are a novice to the game, then it is better that you hire some coach or trainer who can be there with you in the court and guide you. You being a fresher should go for one to one coaching rather than learning with a batch of students. It is up to you to chose which one you want.

But, since you are a fresher and need individual attention, then you should chose a personal trainer who could guide you step by step from how to swing the racket to backhands and slashes.

But, one to one coaching is not mandatory, if you are aware of the basics of the game like how to swing the racket. Then, you can have the liberty of learning with a batch of students. Thus, you will also make new friends and it will add to the fun of the game. Also, with many people around, you won't feel bored or fatigued. Further, you can share your knowledge and experiences of the game with your counterparts as knowledge increases by sharing.

Where a coach is concerned, irrespective of you being a novice or a little experienced, you should go for a proper professional tennis trainer as you can get hands on experience. Even though a trainer will be expensive and there are a number of other ways from which you can learn the game, you should opt for a trainer as you will get practical experience on the court. There are a number of sites that provide videos for those who are interested in learning from home. That is also less expensive as compared to instructors. But, then if you want to become a pro in the game and are serious about the game, then it is not advisable. However, if you don't have that much time and want to learn from home, internet coaching is the best option available. Also, it will help in reducing the cost too.

Some people feel afraid whether they will learn or not properly. There is no need to be scared

## **Lawn Tennis Explained**

as it is not that difficult. You need to have confidence in you so that you can make it a success. Also, don't feel shy if you are a novice. Everybody in the starting knows nothing. Even great players like Roger Federer and Rafael Nadal did not know anything about the game when they first started learning the game.

Thus, when you are combined with strength of mind, positive attitude and will power, then there is no reason as to why you could not be an expert in ten

## **Power In Tennis**

If you want to play good tennis, then power is more important than anything else. For good power, you should be equally fit too. There are many ways to increase your power on the field. When you first initialize playing tennis and concentrate more on swinging the racket, at that time, you start swinging as hard as possible by putting great force on the racket. Continue doing this even though you get tired. Initially, you may get tired, but as soon as this becomes a daily routine, all your tiredness will stop and you will be able to sustain your energy till the end movement. This is what is called as power that helps you to maintain your energy till the last moment. With power and time, you will also move to playing aces and backhands without getting jaded.

To amplify the power in your strokes, carry on the force in your legs to the racket. The force should be generated everywhere right from your hips to your hands. Then only, you can hit the strokes harder. In addition, for power, your legs should be brawny. The stronger your leg, higher is the power and so you will carry on the court. One of the exercises which are exceptionally good for legs is back squat.

In back squat, you take a barbell and position it above the shoulders on the backside of the neck. Your trap muscle should feel the bar. It should not have a rest on your vertebrae. If heaviness is taking a toll on you, then position the bar one inch lower than your shoulders. If you are still feeling the pain, then you can add a wrap or place a towel around the bar so that it will be far more comfortable. Now, after this, the feet should be placed in such a way that its width and its shoulder's width should be the same. Keeping the thighs exactly parallel to the ground and making your abs tight, bend your lower part of the body and your knees towards the ground. Then, again go back from where you started and make it a point to continue this process till you complete at least ten repetitions. If you are a novice, by making use of light weights, do three sets of 12-15 reps each.

Gradually, you will start to notice the difference which will come from this exercise. You may be initially frustrated or irritated as to why it is not giving fast results. But, remember patience is the key to success. So, you have to be patient. Thus, patience and exercise is the main key to power to make your tennis better.

## **Tennis: A Good Grip Is Important**

Tennis is played by many people across the globe. But, one thing is common that hardly anyone considers the grip of the racket although it is so essential. Also, many trainers do recommend restringing their rackets plenty of times in a year but often forget to tell them about the importance of grip in the game of tennis. If you are going to a shop to buy a racket, it is indeed important that you check out how rigid the racket is.

Further, you check out the head size of it. You should actually be able to choose the correct grip size for yourself as it varies for everyone. There are so many ways to grip a racket while playing tennis. Eastern, Continental and Western are some of the general ways to grip the racket. It is according to the way you play, that decides which style you chose to grip the racket. If you are at ease holding the racket or gripping the racket, it would have a great impact on your game. It will help you in playing good aces and backhands, thus resulting in your win position over the opponent.

If you are still not comfortable, do try an over grip which is available in the market. The advantage of the over grip is that it gives you a lot more comfort and secondly, it is not that expensive. According to your convenience, you can choose them. They will really make you feel good.

Irrespective of you being a pro or a fresher in playing tennis, a good grip always encourages you to play more. Else, you will feel weary and the discomfort in holding the racket will take a toll on you. Also, a good grip adds to the fun level in the game. You won't feel like as if you are kind of forced to play the game. Instead, you will feel like the game should not end and continue to go on. That should be the mind set at the time of the game.

It is not necessary to have perfection in the grip from the very start; it comes with a period of time and a continuous playing habit. A decently comfortable grip is also fine, to start with. It's just that you should enjoy the game and for that, a good grip is essential. For a good grip, you could hold the racket as if you are grasping the hands of someone to shake it. It may sound strange, but is quite productive. Thus, a good grip will make you taste the game's flavor.

## **Tennis: A Popular Game**

Tennis is a famous game all over the world and is quite in vogue. Earlier, it used to be the game of only the upper class and supreme rulers society. But today, everything has undergone a sea change. It has become a game for all the classes. It is played in every street and court in nearby lanes. Also, schools and colleges have tennis as a game to be played. Previously, even if you had flair to learn tennis, it was way too expensive. The trainers used to charge a hefty amount of money. So, it had become a game of the upper class only. But now, any common man with a decent budget can learn tennis as it has become very economical. In earlier days, tennis was not so popular too.

If you want to be pro in the game, you can hire a trainer and chose one to one coaching with him. Even though there are many numbers of videos available for nominal costs, it is better to hire a coach if you want to become a professional or an expert in the game. On the other side, if you want to just be acquainted with the basics of the game, you should go for videos on the internet as that would be economical and will save your time too. A tennis racket, a tennis ball and a tennis court are the three most essential requirements if you want to play the game.

These days, even kids and people in their fifties, sixties or seventies are opting to play tennis as it may be a great hobby and is interesting too apart from being a good exercise for the body. So, age does not really matter at the time of playing the game, as long as you are having a passion for it. If you are getting bugged, you can call upon your friends and have a game of tennis with them. For more excitement, challenge them over tennis. There are also the other sides of tennis. One of the depressing things in tennis is the tennis elbow. It can be rally painful sometimes, if you are not regular in playing tennis or irregular in your recommended exercises. The pain can be really excruciating sometimes. So, play with caution. Firstly, consult some respected coach or a doctor whether you can play tennis. If you can play, be aware of the maximum force that you can put while playing the game, so that you may not get hurt. Precaution is always better than cure.

Also, a diamond tennis bracelet is one of the most fascinated jewelry of tennis players. It is very expensive too but is quite desired among tennis players. Thus, tennis has various facets. Get ahead and involve yourself in it truly!

## **Tennis: Perk Up Your Energy For Success**

Sports involving a lot of physical abilities like good elasticity, dexterity, aerobic strength, potency and a nice intellectual talent do perceptibly lead to a lot of room for enhancement in majority of the players in all racket sports.

### **Racket Sports**

The fundamental racket sports are inclusive of:

- Tennis
- Squash
- Racquetball
- Badminton

One common reality about all the above sports is that all of them involve the same kind of substantial preparation. These physical and substantial efforts involve:

- Volatile exercises like sprinting, jumping or swaying the racket.
- Small revival during every position, particularly for squash and badminton while playing at an elevated point. While for tennis, it is required to have small relaxing breaks that are taken at diverse intermissions while playing.
- A good amount of running from one place to another and then back to the starting point along with abundance of sideways shifting on both sides.
- The duration of time on a court can lie in the time frame of 30 minutes to more than 3 hours, which means there is a need of a good stamina support who are really motivated in playing either of the above sports.
- The competitive and severe conventions do not involve any break and the convention is put to an end when any player wins a point. Marks are given or taken according to the talents and health intensity of the player.

### Improving Your Level

It is needed for a Tennis player to study every spot where he gets a point or drops a point along with an amount of diverse players to discover his power and drawbacks.

### Physical Fitness

Working upon to make your physical health better is not a hard task. It involves enhancing the stamina by at least 30 minutes of cardiovascular movements at proper stage for 3 times every week.

Circumvent carrying out the cardiovascular exercises prior to participating in the sport. Mutually weight involving workout and volatile leg workout inclusive of short sprints and plyometrics can develop fiery command. Keep in mind to effort surrounded by your own bounds.

### Some Guidelines

There are certain deviations on what to do to improve the playing, but the important ones are as follows:

- **Shuttle sprints:** From baseline to serving box and back to the baseline.
- **Ball retrieval:** Putting balls all over the court and then sprint to pick them up.
- **Partner Ball Throw:** Make someone throw the ball while your back is on wall, then aim to get that ball hit by your racket.
- **North South East West:** Sprint from North to East to South to West.

Tennis is a sport which involves a lot of physical activity; therefore it is required to build up your physical level along with your mental level to get going in this sport. It surely is a fun sport, when you have a strong stamina to cope up with long games.

## **Tennis: Healing From Tennis Elbow**

Tennis elbow, also known as lateral epicondylitis, is a widespread elbow wound of racket sport members and physical employees. Tennis elbow is overdo wound occurring from the recital of recurring movements with the hand and forearm, like swaying a tennis racket or a hammer.

These recurring movements can lead to tenderness going through the muscles of the forearm.

Indications and Treatments of Tennis Elbow:

The indications of tennis elbow are inclusive of:

- Pain
- Soreness
- Weakness in the muscles on the exterior part of the forearm.

The healing of tennis elbow is typically traditional and involves:

- Taking rest
- Putting ice
- Applying anti-inflammatory medicine.

While trying to diagnose tennis elbow, a doctor or corporal counselor will examine for gentleness close to the skinny lump of the joint in the elbow. The ache which rises while twisting the back part of wrist is another warning of tennis elbow. Tennis elbow associated soreness also rises while grasping. Therefore, shaking hands can possibly cause pain as well. Lastly, a discernment of unsteadiness or chronic muscle exhaustion in the forearm muscles points out tennis elbow as well.

### **Healing Process**

Healing for tennis elbow is typically traditional and inactive. Most prominently, players with tennis elbow must stay away from the actions that lead to forearm pain in anticipation of the wound cures. Relaxation will frequently fix tennis elbow in a period of some weeks.



## **Lawn Tennis Explained**

Along with that, the employment of ice and anti-inflammatory drugs can relieve soreness and endorse curing. Physical treatment and heat treatment can also speed up the curing procedure. Lastly, after recurring to usual doings, putting an elbow and forearm support can avoid reappearance of tennis elbow. Elbow supports, accessible at drug stores assist in stopping tennis elbow by controlling progress and employment of the elbow.

### **How to Prevent Tennis Elbow**

Since healing of tennis elbow and revival from tennis elbow can be an extended, annoying development, avoidance is the finest approach. For tennis players, numerous apparatus modifications can assist in stopping tennis elbow. Players must choose a racket with a midsized racket top and elevated suppleness.

Along with that, players must thread their rackets with supple threads like synthetic nylon or natural gut at the bottom finish of the suggested anxiety variety. Lastly, to stop tennis elbow, players must guarantee that the grasp of their racket is neither very big nor very small.

In addition to utensils fixations, tennis players seeking to stop tennis elbow can pursue numerous strategies connected to physical movement. Primarily, making the muscles of the hand, wrist, and forearm strong is maybe the finest method to stop tennis elbow. Along with spiraling exercises, it is significant that tennis players confer with other skillful tennis player to make sure that their knocks are resourceful, accurate, and are not inserting unwarranted damage on the elbow.

In the end, thought tennis elbow is a possibly incapacitating wound, employing suitable defensive actions and consulting well-informed experts can assist in bounding the harmful results of tennis elbow.

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