



# Orindawoods Tennis News

July 2019

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Orindawoods Tennis Club: 925-254-1065; www.orindawoodstennis.com

*"I like this place, and willingly could waste my time in it" – Celia, As You Like It, Act II, Scene IV*

## 2019 Season

### Monday Team Tennis

Monday Team Tennis season is off to a great start! We have four teams and over 55 participants this summer.

The standings are posted each week in the glass case, as well as on line. We will play for 16 weeks. After five weeks (through June 11).

Team	W	L	PCT	GB
M'Liss / Marilyn	215	185	.538	0
John / Becky	202	198	.505	13
Chris / Rich	201	199	.503	14
Cindy / Denis	147	173	.455	33

As you can see, the teams are quite close this year. The standings are updated each week on the website, and in the glass display case on the club deck. Good luck to all! Monday Team Tennis, so much fun!

## Summer Schedule

### Twilight Tennis BBQs

The first summer Twilight Tennis BBQ is June 30<sup>th</sup>! We are planning five summer tennis twilight parties. The Twilights cost \$20 per person, and feature BBQed steak and chicken from Kinder's Meats, as well as all the sides. Everyone should bring their own beverage, as tastes vary. We will play tennis for a couple of hours, followed by dinner on the deck. Fun, tasty and entertaining. It's a winner!

The dates for this summer's tennis socials are:

<b>June 30<sup>th</sup></b>	Sunday	Tennis 5-7pm	Dinner 7:15pm
<b>July 21<sup>st</sup></b>	Sunday	Tennis 5-7pm	Dinner 7:15pm
<b>August 11<sup>th</sup></b>	Sunday	Tennis 5-7pm	Dinner 7:15pm
<b>September 15<sup>th</sup></b>	Sunday	Tennis 4-6pm	Dinner 6:15pm
<b>October TBA</b>	Sunday	Tennis 4-6pm	Dinner 6:15pm

To register, contact Keith ([keith@orindawoodstennis.com](mailto:keith@orindawoodstennis.com)).

I'm looking forward to a great summer of much tennis fun! Join us!

## The Drop Shot

### Lobbing the Net

When you think of playing a drop shot, think of it as lobbing over the net. Think hit up, like a very low lob. One of the main mistakes people make when hitting a drop shot, is they try to keep the ball too low (Fig. 1, A). A drop shot should actually go up (Fig. 1, B), so that when it lands, it doesn't bounce very far forward. (Fig. 1; A vs B). Where the second bounce is, is what is important, plus the amount of time the opponent has to run to the ball before it bounces twice. I don't want to hit it too high, because they will have too much time, but I don't want to play it too low, because the second bounce will be closer to them (they won't have to run as far forward). Think of playing the ball up, lifting it. A good standard to aim for is, you want the ball to bounce twice before it gets to the service line. In truth, you want the apex of its flight to be slightly on your side of the net (B). The worst mistake you can make on the drop shot is not that it is too deep and easy to get, but that you never get it over the net at all.

## Pool Is Open!

The Orindawoods Tennis Club pool open for the summer. We're not big on rules, but safety first is the biggest.

### Pool Rules

- Hours: dawn to dusk, spa until 9 pm.
- Children under 14 must be accompanied by an adult
- No Lifeguard (best to have a swim buddy and not swim alone)
- No running
- No diving
- No glass in the pool area
- No pets in the pool area (sorry Rover)
- The gas BBQ is for Club Events only, but there is a charcoal BBQ for your use. Bring your own charcoal.
- Guest kids are \$1, adults \$5
- In order to preserve staff sanity, the game of Marco Polo is forbidden. ☺

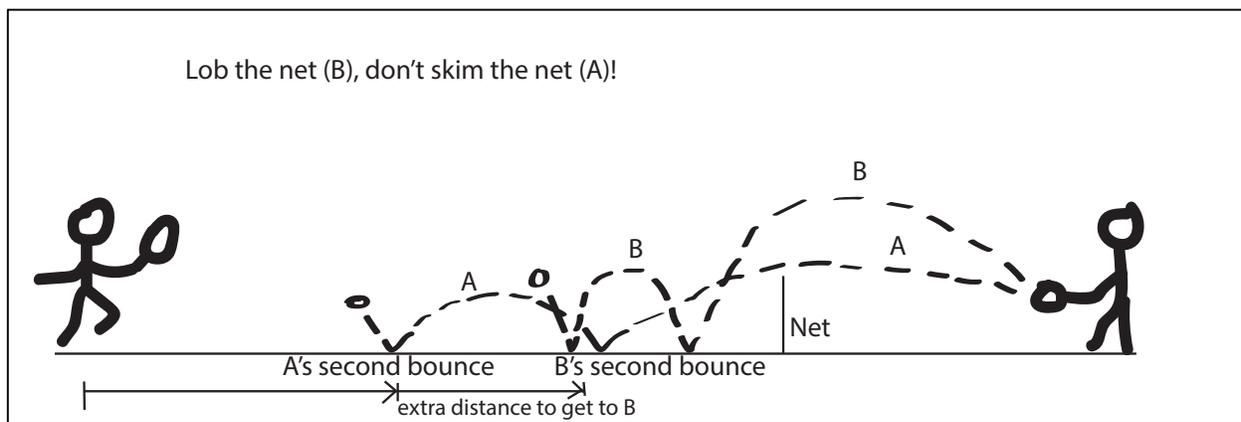
## Quote of the Month:

"There's a player with the number "16" on his back who, ever since he learned to skate, has had to learn exactly what it takes to win. He knows that games are won as much in the head as they are on the ice, and his coach has taught him how hockey is musical: every team has a rhythm and a tempo they like playing in. If you disrupt that rhythm, you disrupt their music, because even the best musicians in the world hate being forced to play out of time, and once they've started it's hard to stop. An object in motion wants to keep going in the same direction, and the larger a rolling snowball gets, the more of a fool you have to be to dare to stand in its path. That's what sportspeople mean by "momentum," whereas as in physics lessons at school teachers talk about the "principle of inertia." .... "When something goes right for a team everything feels easy, so it automatically goes even better. But if you can cause a bit of trouble for them, only a very little bit, you'll soon see that they manage to create a lot more trouble for themselves." It's about balance. The slightest puff of wind can be all it takes.

- Fredrick Backman, *Beartown*

A little underspin can help, but isn't the most important thing and is often over played. Think trajectory. Up, like a little lob.

**Fig. 1:**



## Consistency

**The hard fact:** the most consistent player wins. You have to be more consistent, make more shots, than your opponent. This doesn't mean that you hit it easy, or push, play half speed, just lob it back and forth. You can be more consistent by forcing your opponent into errors. A point ends by a mistake (your unforced error or theirs), a winner or a forced error (someone did something that made the opponent miss).

Often when we think of being consistent, we think, "don't miss." The best players often miss, but not as much as their opponents. If we look at how points end, the totals for winners and forced errors combined are often greater than unforced errors. There are more unforced errors than either winners or forced errors, but if you add winners and forced errors together, it's more than 50%. Attacking play does work, it's just remembering to force errors not focus just on winners.

Hitting winners is challenging. There is not a lot of open space on a court. If you try to hit winners when they are in a good position, you have to be really on, or you make too many mistakes. Therefore, we try to move our opponent around, destabilizing their positioning, so we can either play a shot into the open court for a winner, or by making them run for it, hit an even weaker shot or force an error.

We can force errors by using any or a combination of the four weapons: time (they have: not enough or too much), placement (left, right, short, deep, low, high), spin (top, under, slice) or deception.

The fact of the matter is, you are going to have to hit the ball to your opponent a lot, but when you do, you can do it in such a way that it makes it more difficult for them without making too many errors yourself.

**Most points last 0-4 shots.** If you make two shots, you are already above average. Three shots (5-6 shots in the rally including your opponent's) and you are in rare territory (Rally length: 0-4 shots, 70% of the time; 5-8 shots, 20%; 9+ shots, 10%). What can you do in those first four shots to cause them to miss? What do you have to do to avoid missing yourself?

**If you start the point with a good shot,** what can you do in the next shot to force an error? (Or hit a winner - which is generally just making a shot to the open court and "What do you know, they didn't get it"). How do you maintain your advantage?

If they start the point ahead, with a good shot, what can you do to not miss and make it harder for them to force an error out of you, or get them to try too much and miss?

**When you are "losing" the point,** when you are forced into difficult shots, what shots can you make? That's the important question. Don't try shots you can't make (blast your way out of trouble). What shots can you play that get you back to neutral or even just give them a chance to miss?

Remember, stats show **someone is about to miss** (somewhere in the first four shots). What can I do to make it be them, and not me? They might "miss" (not get it back) because I put it away, but I don't want to miss too many trying to end it. I may end it in an unfavorable way.

### The most consistent player wins.

This is not to say you never want to miss. The elite player makes mistakes. They manage risk. It is making some errors and forcing more errors (plus winners) gives them the advantage, that is the best way to play. You have to outplay your opponent.

Most years in pro tennis, there are only 7-8 men and women total (out of all the professional players) that win more than 50% of the points rallying behind the baseline. That's amazing. Clearly just rallying doesn't work for the vast majority of players. You need to attack some, to get on the winning side of 50%. How

## Weekly Lessons

### Hit and Fit:

*TRX workout (strength and stretching) & tennis drills using the Playmate ball machine.*

Friday 10:30-12 noon      \$20

Saturday 7:30-9 a.m.      \$20

### Tuesday Ladies' Clinic:

Tuesdays at 9:30      \$5

### Thursday Men's Clinic:

Thursdays at 9:30      \$5

The men's and women's clinics are drop-in. **Register** for Hit and Fit by e-mailing Keith you are attending.

much, and in what way is the key. It's OK to make errors. Winners + forced errors (they miss) + their unforced errors > your errors (unforced errors + forced errors) + winners for them. That's the formula.

**You need to be the better player. The more consistent player.**

I'd say, 40% of the time they make the shots, get the upper hand, win the point. 40% of the points are yours, in your pocket. Everyone has their great shots, you're not trying to stop those. Who wins the middle 20%, the points that are "even"? If you only win a few of those, you end up winning 42% of the total points and you will lose 6-0, 6-0. "I played some good points, got to a bunch of deuces, but they won the games". How many times have I heard that?

Or, "I dominated almost every point, anyone could see I was the stronger player, but then I couldn't close it out."

That's ego protection. You're not the better player. Not today. Sorry. "Reality sucks, but it's the only place you can get a good cheeseburger." – Woody Allen

How do we turn those tactical advantages into victory? How do I move from being the player with "better" shots, "better" strategy, the one who plays "real" tennis, the one that refuses to "just push", to actually being the better player?

How many hundreds of matches have I played where I played the way I wanted to the first set (lost) and the way I had to the second and third (won)? The obvious solution was: "I'm not going to miss any more shots." I used to say that, sometimes out loud – quite loud -- and sometimes embellished with some colorful language.

The winner of most matches wins somewhere between 50-54% of the points. It's a fine margin, and you want to make sure you are playing the best shot right now for the situation you are in.

But to be really successful is more than just refusing to miss any more. If I'm honest, and I look back at those self-inflicted, three-set, three-hour marathons, not only did I "stop missing" to make it harder for my opponent (no free points) but I subtly started giving them balls they didn't like (I managed time, placement, spin and deception). "You don't like high balls to the backhand? Here you go." "Can't finish the short ball? Have a drop shot." I forced errors. I invited unforced errors.

**Rule of Thumb:** Once you are in a point (after the serve, after the return), often someone has the advantage. If you're losing, keep the point going, they may over play and miss. If you're winning, keep the pressure on but don't make silly errors by going for too much. Then there are the neutral points. You need to turn more than half of those neutral points into your advantage.

**The best player always wins.**

The most consistent player wins. The player that gets more shots in wins. They may be winners or forced errors, or you scramble, barely get it back and they fluff the shot, but you made more shots than they did. Period. **Make more shots.**

How competitive are you? Will you do what it takes? Or does your pride or ego get in the way? "I only play real tennis." It's a cop out. Wake up. **Make more shots.**

**Only hit shots you can make.**

Sometimes that's a screaming winner, other times a fluttering lob. Just don't leave money on the table. **What is the best shot I can make right now?** That's your play. Be brutally honest with yourself, know your strengths and weaknesses. Most people have very unrealistic views of their skills. Their errors, both physical and strategic, point that out.

"I can hit it down the alley any time I want." Well actually, confidence is great, cockiness not so much so. You made 5 out of 10 in the first two and a half sets, and 3 of the ones you made, they covered it, twice hitting a winner. So at 3-4, 15-30 serving to you (a HUGE point on which the match could easily swing), how good of an idea is going down the alley? You're only winning 2 or 3 out of 10. It's "Loser Thinking" to play that shot now. Not to mention at this point in the match, nerves are starting to be in play and the shot is even harder to execute.

**Shot Selection:** Many players attempt too many shots they can't make, on that 20% of the points that decide the match. If a three-set match had 100 points, and 20 points were the ones being contested (20%), and you made only 5 silly errors, only 5 dumb shots, you would have to win about 11 of the 15 remaining points.

That's win 73% of the neutral points, that's almost impossible. That's what those stupid, "fun", "just going for it", shots



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(unforced errors) did to you. A few dumb shots (only 5 out of 100, 5%!!!!) can really cost you the match. The good news is that just a bit of cleaning up of our shot selection makes a huge difference in our match-winning percentage.

A 3.5 player who thought they were a 4.5 player once said to me, "I'm a really good player, I'm just not very consistent." I didn't know what to even say to that. I was dumbfounded, and had to look away so they didn't see my expression. Basically, they knew nothing about playing tennis, if that is what they believed. To be a good player, is to be consistent. Make your shots. Highlight reels are for losers. You don't get more credit for a brilliant shot. Still counts one point. One great shot and three misses is 15-40. That's the facts. If you make your shots, don't worry, there will be some highlights.

I'll close with a famous story. In a ten-year period of the French Open, Rafael Nadal won the tournament 9 times, and lost in the semis once. That 9 titles in 10 years (90%). He won 76 of the 77 matches he played (97%). There has never been a stretch like that in the history of tennis. In those 77 matches, he won 75% of the sets he played. He won 65% of the games he played, and amazingly, he only won 55% of the points! Basically, if you win 54-55% of the points, you almost never lose.

Furthermore, if you look at the #1 player in the world, man or woman, over the last 20 years, they almost always win, for the calendar year, about 54% of the points. You don't have to win much more than a passing majority, to almost never lose, to be the best. It's the same at every level. The best 3.5, 54% of the points. You just have to be the better player, win more than half the points, in each match you play. Make more shots than the guy on the other side. Cut out the 5% stupid shots.

Consistency in beliefs, consistency of emotions, consistency in thoughts, consistency in performance, consistency in play, consistency in shot selection, consistency in results. Good luck out there.

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## Dreams vs. Expectations

Do you every dream of winning the lottery? Most people do. Do you buy a ticket? Most people answer, never, or not very often. Why? Because our behaviors are much more driven by our expectations than our dreams. There is the old joke, "The lottery is for people who are bad at math." Our chances of winning are about zero, so we don't play very often. This maybe an extreme example, one based on facts that save us a few spare dollars, but it is our expectations that limit us.

It would be a good idea for us to bring into consciousness what our expectations are, and ask the question, "Are my expectations really serving me?" For example, if you believe you your backhand is lousy, and you expect it can never really improve, that is going to be really limiting for your tennis, enjoyment and even self-esteem. It isn't true. Far less talented people than you have perfectly wonderful backhands. Expect that you can learn, and the world changes radically. You're no longer afraid to take a chance, get some instruction, break down your bad habits and build good ones. Manage expectations.

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## Summer Junior Program

Welcome to the Orindawoods Summer Junior program lead by Head Pro Patric Hermanson and assisted by MHS Head Coach Michael McCollom and our excellent, experienced Junior Tennis Staff. Join us for a great summer of tennis fun.

### Full Afternoon Clinic

Ages 7-16

Monday-Thursday 12 to 3:45 p.m.

Cost: \$220 member / \$245 non-member

### Instruction Block

Ages 7-16

Monday – Thursday 12 to 2 p.m.

Cost \$140 members / \$155 non-members

### Match Play Block

Ages 7-16

Monday – Thursday 2:15 to 3:45 p.m.

Cost \$115 members / \$130 non-members

### Lil' Ones Clinic

Ages 4-6

Monday and Wednesday 11:00-11:45 a.m.

Cost: \$45 members / \$50 non-members

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### Clinic Sessions:

Session 3	June 24-27
Session 4	July 1, 2 and 3
Session 5	July 8-11
Session 6	July 15-18
Session 7	July 22-25
Session 8	July 29-Aug 1

### Our Story, Our Philosophy

Here at the Orindawoods Tennis Club we look forward to providing your child with an exciting and challenging tennis experience. We are experts in fun! We pride ourselves on our positive and nurturing tennis learning environment. Whether you are a beginner or an experienced player looking to improve your strokes, strategy and footwork, our Instruction Block Clinic is the class for you. If you want to improve your ability to compete and manage your competition points, sign up for our Match Play Block. Want to get that all-around experience? The sign up for the Full Afternoon Clinic and get both of the above blocks at a great price. Our Lil' Ones Clinic, for the 4-6 year old has new days and times. Classes are Monday and Wednesdays at 11 a.m.

**To Register For Classes:** Contact Patric Hermanson:

[Patric@orindawoodstennis.com](mailto:Patric@orindawoodstennis.com)

• Checks are made out to **Orindawoods**

**Discount:** 10% off of the second child's registration in the same week. The discount is taken off the smaller of the two clinic costs.

**Rules and Policies:**

- No black soled shoes (shoes that mark the court)
- No make ups or refunds for missed classes
- Tennis attire or shorts and t-shirts required
- Student to teacher ratio is 6:1 or better.