



November 2012
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Orindawoods Tennis News

Orindawoods Tennis Club: 925-254-1065; Office Hours: M-F 8:30 a.m.-6 p.m., Sat./Sun.: 8:30 a.m.-1 p.m., www.orindawoodstennis.com
"I like this place, and willingly could waste my time in it" – Celia, *As You Like It*, Act II, Scene IV

Orindawoods Junior Championships

Please remember that the Orindawoods Junior Championships will be held the weekend of November 3 & 4, using ALL COURTS at the Club. This is a great opportunity for our kids to play in a USPTA tournament right here at our Club, as well as compete with other players from in and around Contra Costa County.

If you want more information on the tournament, contact Keith or Patric. Registration closes Tuesday, November 1st. You can register and get more information about this and other tournaments at www.usptajuniorcircuit.com.

We are sorry for any inconvenience the tournament causes, and thank you for supporting local junior tennis for this weekend. The kids appreciate it, and so do we. Juniors are the future of our game, and our club. Thanks!

Tennis Tip:

Doubles Formations

There are several ways to set up your team in doubles. We are all familiar with serve and volley, and one-up, one-back. But there is really much more to setting up your formations than this, so let's take a look at the basic formations in doubles this month. Can you arrange the point to end up in a strong position to win?

Width

If we divide the court in to six widths, we can describe these various formations with ease. (see figure A).

So there are three formations we see all the time. They are the 4-2, 1-5 and 3-3, plus a couple of advanced formations or variations.

4-2 Formation

The 4-2 is the best formation for club players to be in when you play doubles. It means that the net person (4) is covering 4 of the widths of the net, while the back person is only covering 2. (See Figure B). In order for the net person to be able to stand this much in the middle of the court, your opponent must not be able to hit the ball straight down the line. In the September 12 newsletter, we discussed how it was not to your advantage to hit the ball to the edges of the court (Game of Thirds) unless you could hit a shot that they would not be able to hit down the line. So, you can play 4-2 when the ball is played (served or returned) to the middle of the court or a very strong shot to the sides. It is important to note that the back player, who is covering only 2 of the widths, can either come up (serve and volley) or stay back (one up, one back), but that she is responsible for the lob as well as the two wide areas.

Australian Formation (4-2).

Note that Australian Formation is still a 4-2. It is just on the opposite side of the court (Fig C.). The opposite two widths are left for the server, as the net person plays the middle and takes the four widths on the same side as the server was starting from originally.

1-5 Formation

1-5 is the other formation that players often find themselves in. In this formation, the net player is covering the alley (1 width) and the back player is covering the other 5 (Fig. D). In most circumstances, this is a very weak formation. The exception would be if the opponent hit the ball down the line, where your net player is covering. Teams get into 1-5, because the ball has been

Court Construction

Thank you everyone for your patience and understanding during our recent court lights replacement project. The project was finished on October 19. I believe we were able to accomplish our three goals in replacing the lighting:

- 1) Replace old and aging lighting with a system that will last for many years to come
- 2) Improve the conditions for the neighborhood surrounding the club, both within and outside of Orindawoods by reducing the light spillage and reducing the buzz
- 3) Improving play on the courts for the members by installing brighter lighting for our aging (not mine) eyes. Not to mention, no more buzz!

Enjoy the new lighting!

Court recoloring:

Due to the delay in the light replacement, the court coloring for courts 2 & 3 had to be delayed until May 2013. This work needs to be done in the warmer, dryer weather. It is too ify to do it at this time in late October, early November. The Board has approved the recoloring of courts 4-7 as well (our five year court maintenance program which we save for), so that work will be done at the same time.

Holiday Hours

The Pro Shop will be closed on Thanksgiving Day, November 22 and Friday, November 23.

We will be closed on the afternoon of Christmas Eve 12/24 and all of Christmas Day, Tuesday 12/25. We will also be closed on New Year's Day, 1/1/13. Hard to believe, but the holidays are coming fast. Enjoy!

played to a place where it is possible for your opponent to hit the ball down the line, and the net player feels like they have to cover the alley. While it is not desirable to end up in 1-5, the one exception to this is if your net player sucks. Sorry, if they are not a very skilled volleyer, and you want to basically play singles from the back. It would be very hard to serve and volley from this formation, as the incoming volleyer has to cover virtually the entire width of the court.

3-3 Formation

Traditional doubles calls for players playing side-by-side by having the back player come up to the net (Fig. E). The middle is basically shared, and the court divided 3 and 3. Seems fair, each cover their own half, including lobs. The weakness of this traditional formation is that 1) no one is really covering the middle ("after you," says player A. "No no, after you," says player B). The other problem is the lob. Who is going to get it? In order to stand side by side, you have to be back far enough to cover your own lobs (lobs over you), which makes it very hard to volley well b/c you are so far off the net. And you are really not far enough back to deal with the lobs either, unless you have twenty-year old legs.

3-3 Plan B.

The other way to play 3-3 is to have both players back on the baseline, standing next to each other. Of course this is a very defensive formation, as you have surrendered the net, and control of the middle, but it can be effective especially against very powerful players who suddenly have no target (that is, you) to aim at. While you can be very steady from this formation, the lack of attacking options make it very difficult to win using 3-3 exclusively. And of course, like the 3-3 at the net, no one is covering the middle, so that is the place 3-3 at the back can be attacked.

4-0 Formation

There is one more formation that you see at the top levels of the game, usually in Men's pro doubles. This is the 4-0, or as it is more commonly known, the "I Formation," or "The Stack." See Fig. F. If you hit the ball dead center in the middle of the back of the court to your opponent, they basically can't hit the alleys without hitting back through the middle, so the front player can just take the four middle widths of the court, and the back person only has to worry about the lobs (which are coming, by the way, because it is the only way your opponent is not to hit it right to the net player – and generally lose the point).

Depths

We can also divide the court into six depths (Fig. G). In other words, we can talk a lot about formations from a depth perspective as well. Generally speaking, you want to be waiting for the ball in one of the odd zones (1, 3 or 5). The exception would be returning a weak serve, where you would start in zone 4. You either want to be in front of where the ball is going to land (and take the ball as a volley or an overhead) or be in back of where it is going to land, and hit a groundstroke, lob or drop shot. This means that a general rule of thumb is don't stand in a zone where the ball is going to land. The vast majority of balls land in 3 & 4, with some (and all "in" serves) in 2.

So if we look at the width formations up above, a 4-2 can be played with one player standing in zone 1 (close to the net) covering 4 widths, and another player standing in zone 5 covering 2 widths. It could also be played with the back player up in zone 3 as well, as long as the player in front stopped any balls that were going to land in zone 3. The back player in 3 would be in strong position to deal with the lob (back player hitting overheads), but weak against strong groundstrokes.

The 3-3 formation, or traditional doubles, would have to have both players standing side by side in zone 2 (see Fig. E and G). If they were closer, they are vulnerable to the lob, and if they are farther back, they are even more susceptible to the groundstroke at their feet. Zone 2 is not a good place to stand, however, and so this is why traditional side-by-

side doubles, does not work as well as modern doubles (4-2 or 4-0).

The 1-5 would feature the net player covering 1 width up in zone 1 (net), and the back player covering the other 5 widths from zone 5 (playing singles on a doubles court versus two opponents, who might choose to be in 4-2 – ugh!).

Conclusion

Before the point begins, you ought to have a good idea of where you want to play. So for example, in the deuce court, you might serve down the middle so that you can go into a 4-2 (your partner at the net moves out towards the middle), and you watch for the wide return (the two widths you are responsible for, and the lob). You remain in zone 5 (behind the baseline) because you don't want the ball to land at your feet if you move up into zone 4. As an option, you might sneak into zone 3 because you sense the lob is coming and you want an overhead. If you choose to move forward (serve and volley), it is essential that your partner at the net hits the balls that will land directly at your feet in zone 3. Good luck!

Quote of the Month:

"Sometimes you have to pretend that things are as easy as they actually are."

--Keith Wheeler



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Widths

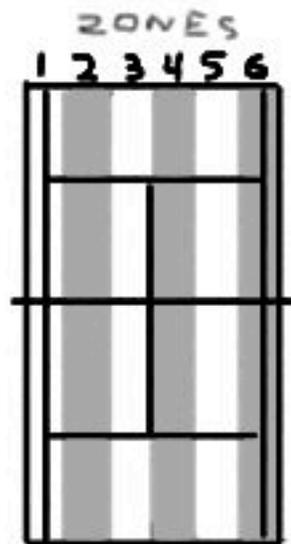


Fig. A

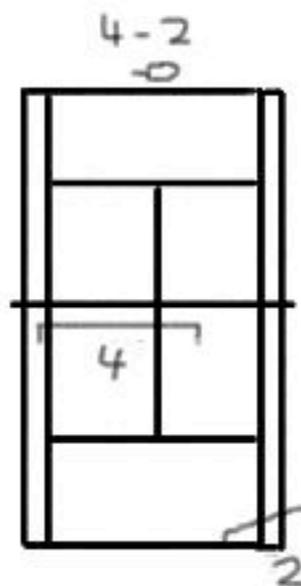


Fig. B

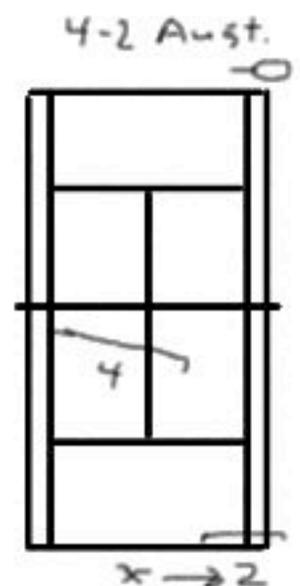


Fig. C

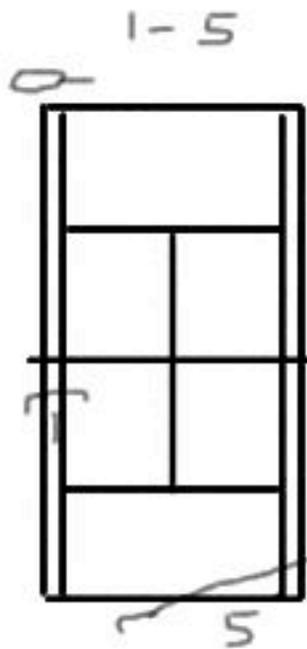


Fig. D

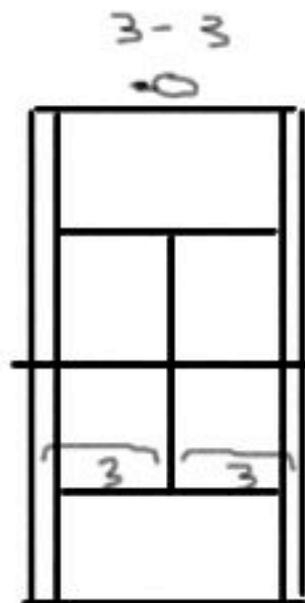


Fig. E

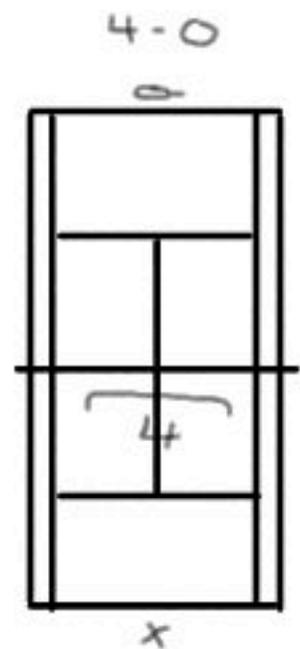
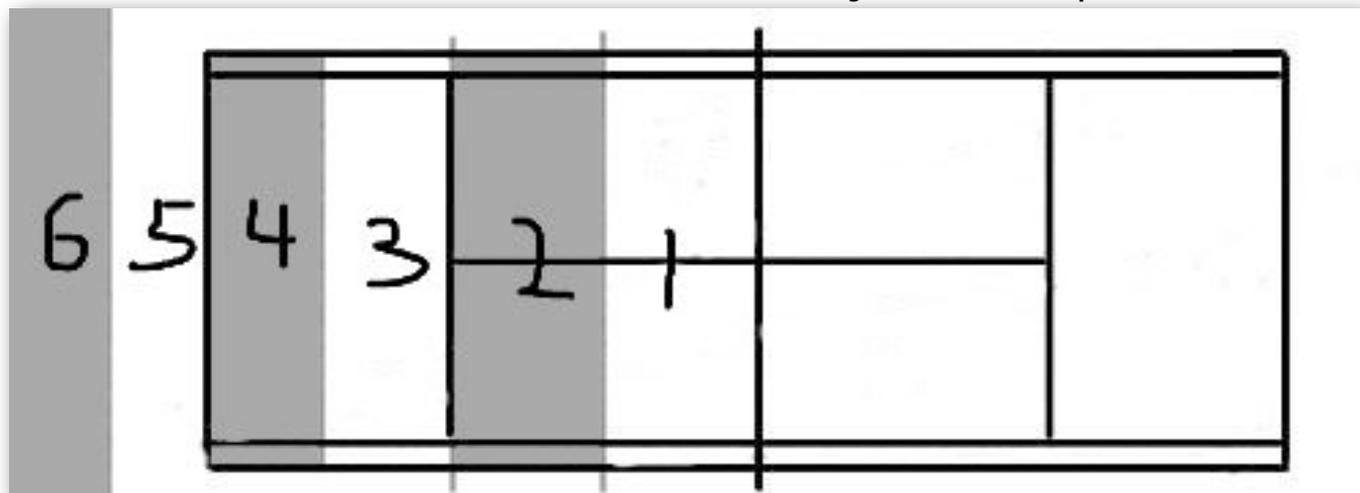


Fig. F

Fig. G -- Six Zones : Depth



OWTC Fall Junior Tennis Program September 3-December 14

The 2012 Fall Junior Clinics began the week of September 3rd, and will continue thru the week of December 10th. There are no classes the week of November 19-23rd. Head Pro Patric Hermanson and Assistant Pro Anna Marie Gamboa will run the 14-week program.

The Level I and II classes will be taught using aspects of the USTA Quickstart / Ten and Under Tennis Program. Level III will also spend time using Quickstart.

Class Schedule:

| Level | Class | Time (s) | One day/week | Two |
|------------|--|-------------------------------|---------------|---------------|
| I | Lil' Ones <i>The Lil' Ones is for the always adorable 4-6 year olds. We will be developing the coordination and balance of these young players as well as giving them an introduction to tennis using age appropriate balls and court size.</i> | Tues/Thursday 3:15-4pm | \$150* | \$235* |
| II | Future Stars Group <i>The Future Stars Group is for our 7 to 10 year old players. The players will be working with Quickstart balls on 36" and 60" courts. Stroke instruction, tennis games, and match play are all part of the curriculum.</i> | Tuesdays 4-5:30pm | \$300* | n/a |
| III | 10s Development Group <i>In the Tennis Development Group we will work on refining technique, improving footwork and developing strategic awareness for successful match play. This class is for beginning through intermediate players ages 11 through 14.</i> | Thursdays 4-5:30pm | \$300* | n/a |
| IV | Tournament Training <i>The Tournament Training Group is an invitation only class. Contact Patric about setting up a try-out.</i> | Wednesdays 4:30-6pm | \$300* | n/a |

***Non-members should add \$25 (Lil' Ones, only \$15).**

We have factored into the cost of the clinics, the potential of two weeks of missed classes due to rain, illness, vacations, etc...

Special Discount: 10% discount off the cost of the second sibling. Discount taken off the lower of the two costs.

Inclement Weather: In case of questionable weather (rain), please call the Pro Shop for a court update.

Tennis Shoes Required (no black soled shoes that mark the court).

For more information or to sign up, please check the club website, or call Keith or Patric at the Pro Shop (925-254-1065) or you can also e-mail Patric at patrictennis@yahoo.com.

