

## Welcome!

Well I can't believe it has been a month already since the last newsletter. I have received some really great feedback from people about the last one, so thanks very much. Remember, if there is anything you want to see in it, just email me and ask. Specific coaching tips perhaps? Or a review or play test of a racket or string that interests you. Just let me know.

The weather seems to have picked up now – I had to take my jacket off this week for the first time! Bring on the summer!

There is lots of great stuff in this edition, coaching tips (technical, doubles basics – some that might surprise you & other stuff), racket reviews, singles league news, as well as great offers for strings and equipment.

You also have a chance to play test some new strings and grips for me – I'd like your opinion about them please!

Finally, you'll find more details about the upcoming Big Money Tournament...

Hope you enjoy reading it!

*Dave*

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## Coach's Corner

### Doubles Housekeeping

The book of doubles tactics is so vast that there isn't enough room here to cover it all – so here are a few tips to think about so you don't make a fool of yourself out there!

1 – Serve at the body. By jamming the returner up, you will force a weak, possibly high shot that your partner at the net can finish off quickly. Alternatively, serve down the middle to cut off possible angles. VERY RARELY should you try to serve out wide to the forehand. You might hit the odd ace, but you will give them many forehands and a nice angle into the tramlines the returner can use.

2 – Decide where to return serve before they serve. It's all happening so quick, you can't decide where to return to AS you are doing it. Plus by 'pre-programming' your return, you won't hesitate at the vital moment. Where to return to? The opposite service box corner. If the server stays back, you'll make them run, if they serve/volley, it will be down to their feet.

3 – Talk to your partner every point. You can't plan the whole thing, but at least get on the same wavelength. Let them know where you are going to serve. Let them know if you want to 'poach' at the net, etc... If nothing else, talking

## League Latest

Well the adult singles league has really taken off I am pleased to say. With 33 men and 10 women entered this month, it's been a great start. More people have asked to join, so if you fancy it, let me know and I'll give you more details!

This league run ends mid-April, so let me know by around 12<sup>th</sup> April if you want to play in the next one.

## Tournament news

**The Big Money Tournament** will run on Sunday 25<sup>th</sup> April. You should have had an email from me about it now. You can win **£100, £50, £25 and £10** by playing a tie break based event. Using a flexi-draw system also means you never know who you are going to play next. It also evens the field up for the underdog. This first event is singles, and a test event. There will be doubles and an Open event (for which we already have a lot of interest) later in the year. Email me to find out more or to enter.

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**The Steep Junior Open** will happen during the summer half term (end of May/start of June). There will be open singles events for 10/U, 12/U, 14/U, 16/U & 18/U. In the past, we have had each age group play all week, but this year we are running a series of one-day events, so you don't have to commit your whole week – just a day! If you are a junior (or you know one) who likes competing, look out for the entry forms!

between points helps you and your partner bond.

4 – When at the net, keep your eyes on the other volleyer when the ball has gone behind you. Watching your partner is foolish. If they hit to the volleyer, by the time you look round again, the volleyer has hit the ball at you! Watch them, if they make a move, you know to get ready, and if they let it go past them, then YOU can move forward to attack. By looking forward, you see what is happening sooner, meaning you are less likely to panic at the net. Where to hit your volley? The other volleyer's feet – if he can even get it, he has to hit up, giving you another crack at it. Hitting back to the baseliner gives them another crack at YOU!

5 – The stronger partner plays on the left – regardless of which hand they use. It's up to the other team whether you play a backhand or a forehand, so picking your side based on your preference is foolish. Plus, if you don't like your backhand, it's harder to hit a backhand from your forehand side anyway! With the stronger player on the left, they will have to deal with more of the game points.

6 – Generally avoid the net player if you can, unless they are significantly weaker than their partner. If that is the case, then pick on them like the school bully wherever they are on the court – don't let the stronger player get a look in.

7 – Get your first serve in, even if it means taking some pace off. People are mentally more defensive when returning first serves. So don't worry if you don't hit your hardest – just don't let them see too many second serves – they aren't mentally defensive then – they are the opposite!

Doubles is a great game, there is so much to learn and do. There will be more specific hints and tactics for the various doubles roles in the months to come.

## Deal of the Month

**Wilson K six-one 95**



Wilson's K Six-one 95 racket is ideal for the strong junior/adult intermediate-advanced player. Normally priced at **£169.95**, you can buy this one new one for only **£100**

## Play Testers wanted!

We are looking for strong, frequent players (e.g. 'A' Team, or top juniors) to play test some of the new strings we have in stock. Play testers only pay for the string – so a £10 discount – in return for letting us know what they think about it. This is a limited time offer as we don't always need to do testing.

If you want to be a play tester, email me. This month I want 3 playtesters to try Luxilon's new Adreline string. Get in touch.

We also have in stock two new RAB Shamtec overgrips. These new grips are almost like a chamois leather, and are super absorbent. We want two players who usually sweat a lot(!) to come forward and try the grips for FREE! We want to know how well they work. Email me quick to get your free Shamtec overgrip!

## The Review

### Dunlop Aerogel 4D 500

This lightweight, spin-friendly racquet offers outstanding maneuverability, making the **Aerogel 4D 500** versatile, and effective from all areas of the court. Adding 4D technology to the already successful Aerogel 500, this stick has added stability and feel. **The 4D braid is designed to increase strength and torsional stability without adding bulk or affecting the stiffness of the racquet.** The result is a solid response without sacrificing feel. You find you can get a lot of swing speed with this racket. This, along with an open string pattern enhances the spin. When volleying, the Aerogel 4D 500 offers a crisp feel while able to control depth and direction. The maneuverability makes it easy to get the racquet where it needs to be for solid volleys. Being so versatile and light weight, this racquet makes it easy for customization. In stock form, this stick is a great option for players looking to advance levels, yet aren't ready for the weight of a player's racquet. Having said that, Dunlop also produce a 'Tour' model for players at Team level and above.

The **Dunlop Aerogel 4D 500** will be in stock very soon, a great racket for club players at a brilliant price. **RRP £130.00 Our price only £100** – both models are same price – speak to Dave to try or buy.



Tour model

## Injured?



### The Aircast A60 Ankle Support

60° Stabilizer guards against rollover and helps protect against sprains

Breathe-O-Prene fabric helps keep you cool and dry

Sleek anatomical design for a comfortable bulk free fit

Simple single strap application and adjustment

The best ankle support you can get

**RRP £51.99 Our Price only £40.00**



### Aircast Elbow Brace

The best elbow brace you can get

**RRP £18.99 Our Price only £16.00**

## The use of the non-playing arm on the forehand

Many players do not maximise their potential on their forehand for one simple reason. They do not involve their non-playing side. Check out **fig.1** opposite to see how a large number of people prepare their forehand. Note the 'useless' non-playing arm. It does nothing to help upper body rotation (used for power) or balance, nor does it help the player judge the incoming ball and the distance he needs from it.

In **fig. 2** The player is starting to involve the non-playing arm by pointing to the incoming ball. This is better than not using it at all. It helps the body turn a bit more, and it can help the player to watch the incoming ball. I was taught this way myself – but there is a better way...

Watch any top player on TV and you will see excellent use of the non-playing arm, as shown in **fig. 3**. The player has their arm STRAIGHT out to the side, parallel to the baseline. The player's non-playing hand is almost precisely where his contact point will be. With a straight arm, it will be the same place each time, helping consistency. You can see how much better his upper body rotation is - and he is well balanced. It also helps the racket preparation when you do this (easier to demonstrate 'live' – come have a lesson!).

I should mention that the players in the photos can ALL do it right – they agreed to help me help you with some photos – thanks guys! For the rest of you though – try it out!



**Fig. 1 Tom Simpkins demonstrating how NOT to use the non-playing arm**



**Fig. 2 Tom O'Kelly demonstrating an acceptable use of the non-playing arm – pointing to the ball**



**Fig. 3 Sam Pritchard demonstrating the correct use of the non-playing arm – note the good shoulder rotation**

## MINI TENNIS LAND

### How much tennis should my child play?

Part of the answer is of course – as much as they want! On the other hand, another answer is that it depends on why they play tennis and what they want to get from it.

Many of the children I teach play only once a week – at the lesson, and so of course they improve very slowly compared to a child who plays and even competes between lessons. Lessons are full of information (and hopefully fun too!) – but away from the coach is where you really find out what you have picked up.

For players who are serious about improving, a general rule of thumb is that they should play as many hours a week as they are old in years – so an 8 year old serious about improving and competing at a high level, should be on court around 8 hours a week – not all coaching, in fact the majority of that time should be spent practicing and playing matches. To be honest, any player with a hope of 'making it' would need holding back, not pushing.

For recreational players, we go back to the first line above – play as much as you enjoy, just remember that your improvement is linked quite closely to the amount of practice you do.

**Parents – most importantly** – don't 'make' your child play, especially at the recreational level – let them play when they ask – and let them take a break when they ask – otherwise they can be put off forever!



### Acu-Life Tru-Ice Massager – an ice pack in a pot!

A brilliant little product we've come across lately is the new Acu-Life Tru-Ice Massager.

It offers targeted cold therapy in 1/3<sup>rd</sup> of the time of an ice bag or cold compress. Cooling relief for sprains, strains, arthritis, tendonitis, plantar fasciitis, headaches, fevers, migranes and insect bites.

It's re-useable – simply refill and store in the freezer.

**I'm giving one away free** – if you often use ice packs to soothe an injury you have, get in touch and try it out – first come first served – then tell me what you think. **RRP £14, Our Price only £10**

### Did you know?

In the tennis rule book, there is no mention of the 'let rule' – replaying a point because of a call dispute. The guidelines for playing without an umpire state – **a player must be 100% sure before calling a ball out** – otherwise they must give benefit of the doubt to the opponent – and award them the point.

Ask your opponent if they are 100% sure when they make a call you think is wrong – if they are not – quote me!

## Other news

There are still places on the upcoming Easter camp – if you know a keen 5-14 year old who wants some tennis fun of over the holidays, put them in touch.

The Junior Open tournament (LTA grade 6) takes place in the summer half term – as above, please put anyone you think would like to compete in touch with us.

If your child participates in coaching at the club, almost all players will remain in their current group until the summer holidays. In September, many players will move groups to make sure they are in an appropriate environment to make the most of their potential.

We can now supply all makes and models of rackets, shoes, etc, at internet beating prices – challenge us to find the best price for you before going to the shops or buying on line!

## That's it for now!

There's just not enough time in the day or space on the page to included everything I want to each month! Next month there will be a feature on the '16 second rule' – a ritual to follow between points to help prepare for the next one, more reviews, tips, deals and news. Hope you found something interesting – please tell me if you didn't – and let me know what you'd like to see more of!

## Now Available

New Wilson Hybrid Replacement Grips

RAB Sensor Fibre for squash – better than tecnifibre 305 – and cheaper!

Full Babolat range of rackets @ best prices

Great deals on all makes of shoes

SPECIAL OFFER – RAB Texflex Premium Synthetic Gut string – only £12 while stock lasts – normally £17

Coaching Deal – pay for 4 hour private lessons upfront for a discount, or pay for 9 upfront and get 10 !!

**Do you have a business? Would you like to advertise in Courtside Extra? Get in touch before April 20<sup>th</sup> to be in the next edition.**

You can contact me at

[dave@courtsidesports.co.uk](mailto:dave@courtsidesports.co.uk)

or on

07801 422228