

# The Ride

## 5 Questions to Ask Your Partner



- What side do you prefer?
- Do you like to serve 1st or second in the rotation?
- Do you serve and volley or stay back?
- What's your favorite shot?
- What's your least favorite shot?

## Warm Up Tips

- 20 minutes before you play get some cardio going, jump rope, jumping jacks, shadow strokes, then make sure your shoulders, hip area, lower back, and hamstrings are warm and stretched.
- When you hit the court focus on height and consistency and the split step.
- Look for you opponents weakness and take a glance at who your hitting partner is hitting with.
- Have a quick talk with your partner before the match starts to give your scouting report and get his.



# Match Moments

## Match starts:

First serve and first volley or first hit....cross court...and go with the serves you know you can hit. Talk in between every point If you get up 30 or 40 love try a poach.



## Return game:

Cross court and throw up some lobs.

As the match develops about the second or 3rd return game add in the no risk poach. If you get into a tight 5-5 or 6-5 match...have a talk with your partner.

Evaluate what is working, what is not working, and remind each other to keep communicating and keep moving the feet...In general when it is close I love lobs, cross court balls, and strategic poaches.

## Post-Match Evaluation

After the match grab a beer, smoothie or cake whatever your favorite thing to do is and evaluate the match