



MỤC LỤC CUỐN SÁCH

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CẨM NANG QUẦN VỢT ĐỈNH CAO
CHUYÊN SÂU

Serious Tennis: Cẩm Nang Quần Vợt Đỉnh Cao

Bản dịch tiếng Việt chuyên sâu cuốn sách Serious Tennis của chuyên gia Scott C. Williams & Randy Petersen (Human Kinetics). Hệ thống vận động Tennis SMARTS, bộ ba vũ khí giao bóng, chiếm lĩnh khu vực lưới và phương pháp biến áp lực thành lợi thế từ Tiến sĩ James Loehr.

👤 Tác giả: Scott C. Williams & Randy Petersen

🌟 Khách mời: Dr. James Loehr (Chuyên gia tâm lý thể thao)

📖 Bản dịch: Tennis Unified

PHẦN 1: HỆ THỐNG SMARTS & CÚ CHẠM ĐẤT

Hệ Thống Tennis SMARTS & Cú Đánh Chạm Đất Hiện Đại

 Tác giả: Scott C. Williams (Human Kinetics)

 Mô hình: Tennis SMARTS Framework

 Thời gian đọc: 22 phút

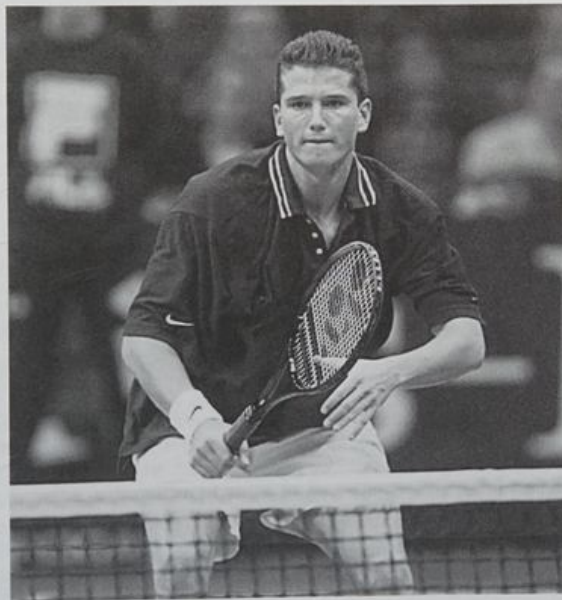
Visual Acuity

To see properly on the court, you must keep your head still. To do this, you must maintain proper balance. Most errors on the tennis court are caused by poor balance, usually brought about by lack of body control. Body control is the effortless suspension of the *center of mass*—located just below the belly button for men and slightly lower for women—during your best performance. On the tennis court you should carry your center of mass as if you were carrying a ball of jelly in your stomach. Too many uneven, jerky movements cause that ball to roll from side to side, creating a loss of balance. Similarly, compare playing with rounded shoulders and hips back, lunging for balls, maintaining a tall posture by keeping your chest out and carrying the jelly ball. By maintaining this posture, you will appear to move effortlessly across

the court as if your center of mass were suspended.

Think of this area as the hub of a wheel. All the spokes radiate outward from this hub to support the tire and allow it to rotate smoothly. The hub in tennis players is the stomach and lower back, with the head, arms, legs, and upper body as the “spokes.” If you have control over the hub, then you can move quickly over more of the tennis court and remain in good balance. Your balance improves, as does the positioning of your head for maximum visual acuity.

Stand up and read this paragraph over again while jogging in place, bouncing your head up and down, and swinging your arms wildly. Then imagine how tough it would be to hit a fast-approaching tennis ball with your head and body out of control. Keep your head still and you’ll be able to play the best tennis of your life.



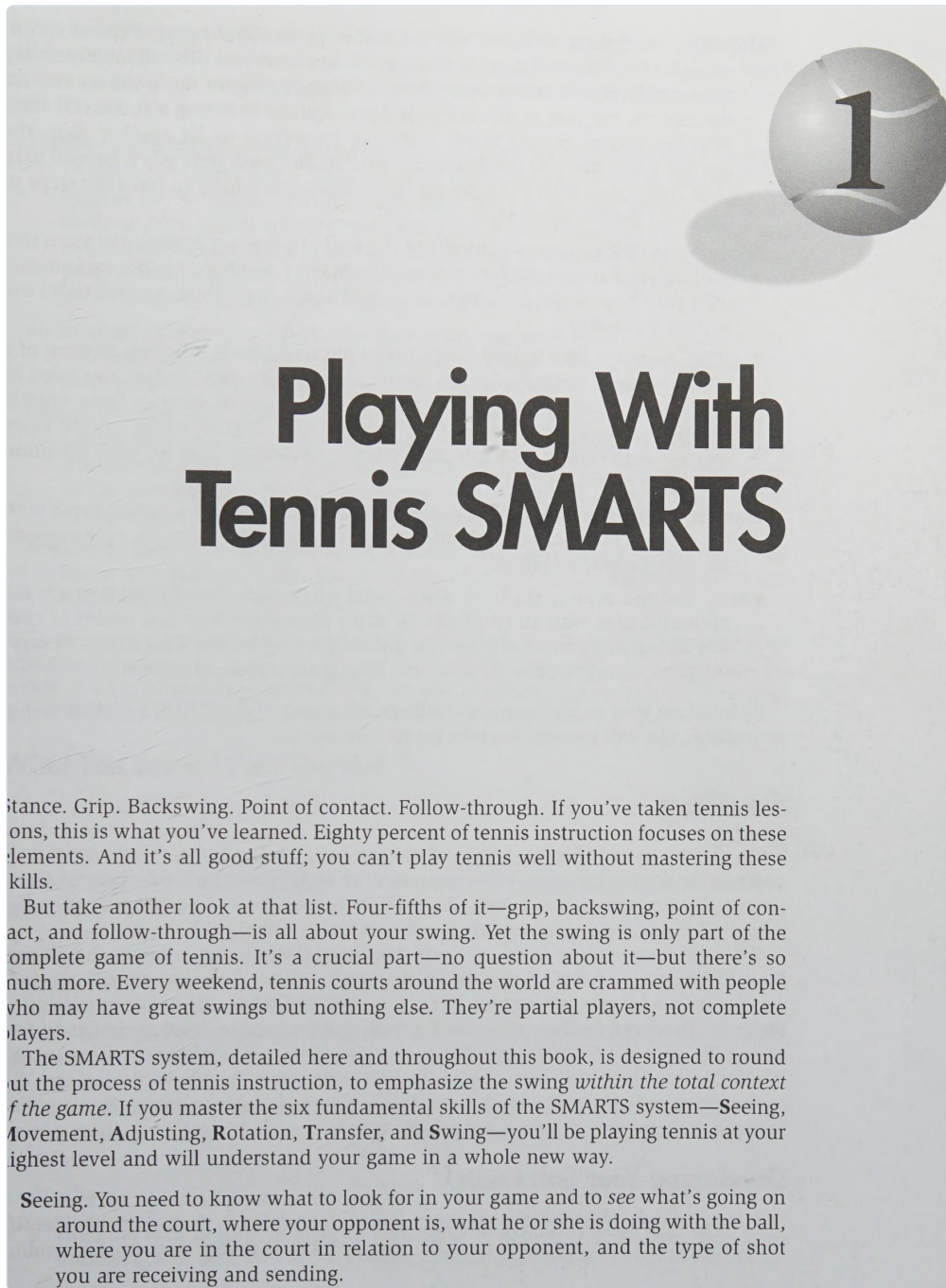
Richard Krajicek demonstrating body control while quickly approaching the net.

Hình 1.1: Mô hình Tennis SMARTS: Sáu mắt xích vận động cơ sinh học liên hoàn định hình mọi cú đánh đỉnh cao.

1. Hệ Thống Tennis SMARTS: Bộ Khung Chuẩn Mực Của Chuyên Gia

Trong cuốn sách kinh điển "Serious Tennis" do Human Kinetics xuất bản, chuyên gia Scott C. Williams đã đúc kết toàn bộ cơ chế thi đấu hiện đại thành một mô

hình chuẩn mực mang tên "Tennis SMARTS". Sáu chữ cái đại diện cho sáu giai đoạn vận động không thể tách rời:



Hình 1: Hệ Thống Tennis SMARTS — Cấu Trúc Toàn Diện Của Cú Đánh Hiện Đại (*Playing with Tennis SMARTS — Seeing, Movement, Adjusting, Rotation, Transfer & Swing*)

Bộ khung SMARTS chuẩn hóa 6 giai đoạn cơ sinh học cốt lõi từ việc quan sát sớm đường bóng đến giải phóng gia tốc đầu vợt tròn vẹn qua bóng.

- **S – Seeing (Quan sát nhạy bén):** Nhận diện quỹ đạo bay, độ xoáy và điểm rơi của bóng ngay từ khi bóng rời mặt vợt đối phương. Khả năng đọc bóng sớm là điều kiện tiên quyết giúp cơ thể có thêm 0.3 giây vàng ngọc để chuẩn bị.

- **M – Movement (Di chuyển linh hoạt):** Thực hiện bước nhún tách chân (split step) bùng nổ, sau đó dùng các sải chân dài để rút ngắn cự ly tiếp cận khu vực bóng rơi.
- **A – Adjusting (Căn chỉnh bước chân):** Chuyển đổi từ sải chân dài sang các bước dậm nhỏ nhanh để tinh chỉnh khoảng cách tối ưu giữa thân người và tâm bóng.
- **R – Rotation (Xoay thân tích lực):** Xoay hông và khung vai để nén các nhóm cơ lõi (core) như một chiếc lò xo xoắn khổng lồ tích lũy thế năng đàn hồi.
- **T – Transfer (Chuyển dịch trọng lượng):** Đẩy mạnh từ chân sau, truyền động lực qua khớp gối và hông để dồn toàn bộ sức nặng cơ thể xuyên qua điểm tiếp xúc bóng.
- **S – Swing (Vung vợt giải phóng):** Thả lỏng cánh tay và cổ tay để đầu vợt xé gió vung theo quỹ đạo hình học chuẩn xác, kết thúc trọn vẹn qua vai đối diện.

3. **The drop.** As the legs straighten, the racquet drops to its lowest point down the back.
4. **The whip.** The racquet speeds upward to the ball. The coiled energy is unfurled with fury through hips, back, chest, shoulder, arm, and wrist. Depending on your type of serve, the wrist and forearm will rotate some before impact.
5. **Impact.** The body is fully extended. The coiled energy is released into the ball.
6. **Follow-through.** The racquet continues outward across the body for slice and flat serves, but more to the side for a kick serve. The whip motion will cause you to bend at the waist. Your weight transfer and follow-through drive you a step or two into the court.

Cues

- Slow, then quick
- Pretend you're throwing your racquet at the ball
- Serve like you're throwing a baseball
- Spaghetti arm
- Check your watch as you serve (pronation for slice)
- Serve with spin
- Elbow up (follow-through)

Strike Zone, Point of Contact

Virtually all serves are struck in the high strike zone. (Underhanded serves are legal but rare.) But points of contact vary for the kick, flat, and slice serves. For a flat serve, hit the ball straight on, but for a slice you'll meet it on the ball's right side. For a kick serve you're tossing lower but more directly above your head, and the racquet meets the ball low—around a 7 o'clock position—brushing up toward 2 o'clock. That's what gives it such a nasty spin.

**Racquet Speed****Bob Brett**

Coach who has worked with Boris Becker, Goran Ivanisevic, Nicolas Kiefer, Andrei Medvedev, and many others

Racquet speed is hand and arm speed. But how do you get your arm moving quickly? Many beginners try to muscle the ball, tightening their arms to generate more power. But this actually decreases arm speed. The greatest power comes in your rotation and transfer, generated by the stronger muscles of your torso, back, chest, and shoulders. Your arm is like a whip, adding its own power only at the very end of the swing. So keep your arm loose, like spaghetti, so your swing can whip freely with the power of your whole body.

Now that you see how to apply corrective SMARTS to your serve, you may need to troubleshoot problems in your existing serve. The troubleshooting guide below can help you pinpoint what elements of the SMARTS skills can help you improve.

Hình 1.2: Cơ học cú chạm đất: Tối ưu hóa độ mở của hông và gia tốc đầu vợt tạo lực xoáy cuộn topspin nặng cắm sâu vào sân.

2. Tối Ưu Hóa Sức Mạnh & Độ Xoáy Cú Chạm Đất

Để tạo ra những cú đánh chạm đất uy lực từ vạch cuối sân mà không tổn sức, người chơi cần nắm vững nguyên lý chuỗi động học (kinetic chain):

back; and you're starting to transfer your weight into the swing and uncoil. Freeze the frame right there. What is going on with the swing?

As your shoulders uncoil, the racquet lags behind. This lag causes an additional stretching of your chest and shoulder muscles that are used to generate racquet-head speed. Note also the position of your wrist, cocked like the hammer on a pistol, at an angle from 45 to 90 degrees. This loading action with the wrist allows optimal control at the point of contact. Maintain this wrist angle as the rest of your body uncoils—remember your wrist and racquet are the tail of the whip. Once your shoulders are squared up, facing your target, and your arm has brought the wrist forward making contact with the ball—*then* release the angle of your wrist. You want to keep your wrist flexible at the end of your swing, but early release of that wrist angle keeps the whip from cracking with full power.

The follow-through depends on your shot intention. Obviously your follow-through varies if you're hitting an angle, improvising on a ball just to get it over, or meeting the perfect sitter in the middle of the court. For a flat stroke, the normal follow-through is outward and upward. The more spin and lift you put on the ball, the more upward your swing path will be. The follow-through will depend on the height of the ball being met and the intended direction, in which case, it may be over the shoulder or even across your body to the opposite hip.

Of course rhythm and timing are crucial in executing a good swing. This will be discussed more in chapter 4, but here's a simple approach to get you started, courtesy of Victor Tantaló in his book *USA Tennis Course* (page 56):

1. Visualize your hitting area as the ball travels toward you.
2. Say "wait" while your eyes and brain measure the approaching ball.
3. When the ball reaches your hitting area, say "Now!" Then aim and hit.

One-handed backhand. From your ready position, you have split stepped, completed a unit turn, and moved into position, lining up on the incoming ball. Your body is coiled to the point that your opponent can see about half of your back, and your chin rests on your shoulder. Your racquet also is coiled, with the racquet face open.

Either a straight or loop backswing will work, depending on your timing. You are ready to swing at the ball, making contact in front of your body. Your wrist is locked in and your legs are flexed. As you uncoil, you remain sideways to the net. Your follow-through is much longer, continuing toward your desired target.

Two-handed backhand. You use the same ready stance, split step, movement, and lining up. Rotating your shoulder, you take the racquet back with both arms. Then you step into the shot, with your right foot pointing to the ball. The uncoiling of your torso and the driving action of your left hand provide tremendous amounts of power. The follow-through continues out toward the target, until your arms are bent, allowing the racquet head to finish above your extended elbows.

To the left are a few cues to help you on your ground strokes. They may aid your timing or simply remind you of key aspects of the stroke.

Cues	
Set and hit	.
Set and finish	.
Hop, hop, hit	.
Shuffle set	.
Run and finish	.
Brush and hit	.
Short, extend, full extension, follow-through, short, and hit	.
Move your feet	.
Go to the ball	.
Stay on your toes like an infielder	.
Take short, quick steps	.
Wait and hit	.

Hình 5: Chuyên Gia Victor Tantaló: Làm Chủ Nhịp Điệu & Thời Điểm Đánh Bóng (*Victor Tantaló: Developing Rhythm and Precise Timing on Groundstrokes*)

Sự mượt mà trong nhịp lấy đà và thời điểm tiếp xúc phía trước cơ thể là nền tảng tạo ra cú đánh ổn định dưới mọi tốc độ bóng đối thủ.

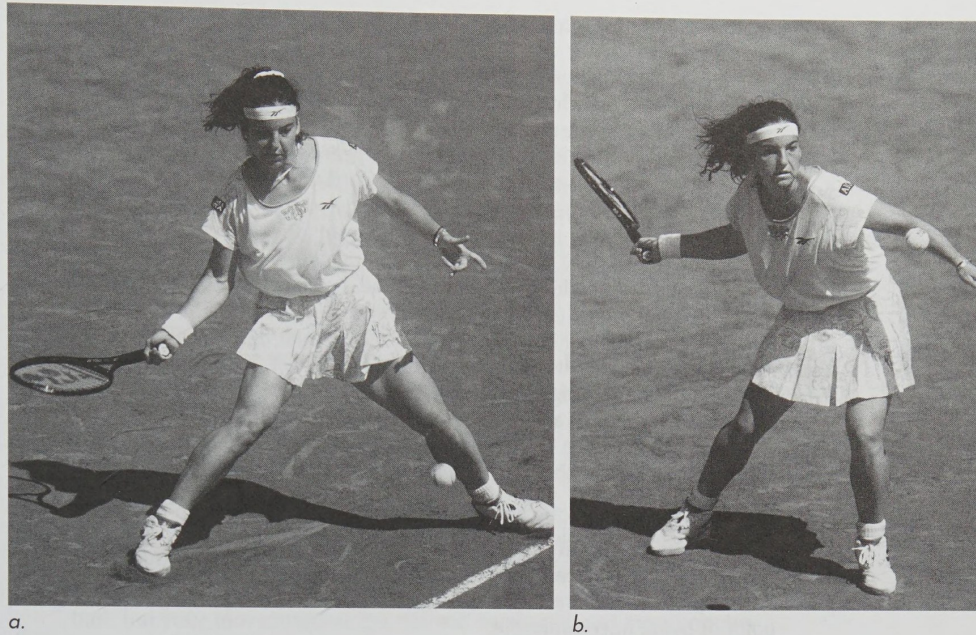


Figure 1.1—Arantxa Sanchez Vicario demonstrates the (a) open stance; (b) closed stance.

Footwork Along the Baseline

As long as you're staying at the baseline, you'll need a unit turn with some shuffle steps, or maybe a unit turn sprint, to get you into position. But what position? You can choose an open stance or a closed stance, depending on the situation. In the open stance, your hips are facing the net (figure 1.1a). In a closed stance, your nonracquet shoulder is closest to the net (figure 1.1b). The open stance is easier to get into, but the closed stance allows you to use the skills of rotation and transfer to a greater degree (see table 1.1).

Recovering on the Baseline

It's crucial to quickly get back to your ready position after a shot. This is especially challenging when you've just had to run to make a shot. The proper footwork can save you a few steps and speed your recovery. If you don't have far to go, a few shuffle steps should do the job, however, the crossover step is an easy way to accelerate and cover a lot of court. If you don't have much time, you'll need a unit turn sprint to get back into place. This is a common scenario if you're hitting short and your opponent is running you side to side.

Footwork Going to the Net

If you can get to the net while keeping your opponent deep in the court, you have a strategic advantage. But getting there can be a challenge. At the novice and intermediate

Hình 2: Bộ Chân Thế Đứng Mở (Open Stance) & Kỹ Thuật Bước Di Chuyển (Open Stance Footwork & Shuffle Patterns for Explosive Recovery)

Thế đứng mở cho phép tích lũy thế năng xoắn ở vùng cơ thân lõi và trục hông, giải phóng lực bộc phát mà không làm mất cân bằng cơ thể.

- **Cú thuận tay thế mở hiện đại (Modern Open-Stance Forehand):** Hai bàn chân mở rộng song song với vạch cuối sân, đầu gối phải khụy sâu nén lực. Động lực được giải phóng bằng việc bật xoay hông bùng nổ, kéo theo cánh tay quất mạnh đầu vợt từ dưới lên trên.

During your warm-up, notice what types of serve your opponent is using (flat, slice, or kick), and look for cues that might tip you off about what kind of serve is coming—any differences in stance or routine that accompany a particular type of serve. Generally an open stance indicates a slice or flat serve and a closed stance means a kick.

Once you've stepped into your ready position, visualize the return you're going to hit. Have a good idea of where you want to put the return, based on your opponent's strengths and weaknesses. If you're playing a baseliner, try hitting the ball deep to the corner to put your opponent on the defensive. If the other player is a serve-and-volleyer, return the ball low at the feet. As you set up, see this in your mind's eye. But don't give away your intentions by staring at your target area. Survey the whole court but let your mind discreetly pick your spot.

During the match, keep track of where your opponent likes to serve on important points such as deuce, ad out, or key points in a tiebreaker. You may see a pattern developing, which you can then exploit by being ready with the right grip for the return.

As you play, you'll quickly get a good idea of what kind of server you're facing. If your opponent hits well-placed first and second serves with varying paces and spins, you're going to have to stay on her closely. But at the beginner and lower-intermediate levels of play, you're likely to face players who blast a first serve, hoping it hits the box, but weakly push a second serve, just trying to get it in to avoid a double fault. Other players regularly put a good spin on the first serve, but they don't have confidence in it and so they just push a second serve. You can pick up this pattern pretty early, being ready for the blast, spin, or push serve. Try not to salivate too much at those weak second serves, but take advantage of them and rapidly gain the upper hand in those points.

Remember also that how you see the ball is enhanced by setting up in your ready position with your dominant eye closest to the ball. As your opponent begins to serve, focus on three areas:



1. See how your opponent is bouncing the ball. Watch the ball like a hawk, especially if you're playing someone who disguises the ball or quick-serves you. Some players have the sleight-of-hand of magicians, and you easily can lose track of the ball—especially if you're also dealing with glare from indoor lights or sun.
2. Watch the toss at its highest trajectory and try to distinguish how your opponent's racquet face is meeting the ball. This strategy will help you determine the ball's direction, height, spin, pace, and depth.
3. To cue your timing and rhythm on the return, watch the ball as it hits on your side of the court to give you last-minute information as to what the ball is doing.

Notice how Yevgeny Kafelnikov has lined up his head, eyes, hands, and torso to the ball.

Hình 4: Cơ Chế Phát Lực Cú Groundstroke Hiện Đại Từ Thế Đứng Mở (*Developing Consistent Swinging Shots — Open Stance Kinetic Drive*)

Hạ trọng tâm trên chân sau, xoay khóa trục hông và phát lực đẩy từ mặt sân giúp đường bóng bay sâu với độ xoáy cuộn cầm xuống vạch cuối sân.

- **Cú trái tay đầm chắc:** Dù đánh một tay hay hai tay, vai trước phải dẫn đường và đóng vai trò như một điểm tựa đòn bẩy vững chắc. Điểm tiếp xúc bóng phải được duy trì kiên định ở phía trước thân người.

💡 Lời Khuyên Của Scott Williams

Nếu bạn thấy cú đánh của mình thiếu lực, đừng cố gồng cánh tay mạnh hơn. Hãy kiểm tra lại bước Chuyển dịch trọng tâm (Transfer) và Xoay thân (Rotation) trong mô hình SMARTS. Lực đánh đỉnh cao luôn bắt nguồn từ mặt đất và cơ lõi.

Table 1.3—One-Handed Backhand Grips

	Eastern backhand	Western backhand
Best contact point	Rally	Attack
Most difficult contact point	Defensive	Defensive
Best strike zone	Medium	High
Most difficult strike zone	Low	Low
Advantages	Good for the one-handed backhand, serve, smash, backhand volley, two-handed backhand. Nice grip for hitting spin (slice, topspin, or flat).	This is a great grip for one-handed backhand players who play on clay and like hitting with extreme topspin, or players who use the same face of the racquet to hit both forehand and backhand. Alberto Berasategui uses this with a two-handed backhand.
Disadvantages	On low balls, the wrist must be fanned downwards to open the racquet face for net clearance.	Watch the rolling over of the wrist on passing shots and high balls. This is not a good volley grip.

For example, preparing for a tournament, Boris Becker starts the first two or three mornings just hitting high balls in the middle of the court, getting into a groove. I call this a *groove session*—a way to enhance your feel and tune up your basic skills. In such a session, you're just lining up to the ball, adjusting your hands and feet to a good stance at a proper distance to the ball, and taking a flowing, accelerating swing. Get a partner to send center ground strokes to you at a slow, steady pace. At this speed, you can concentrate on your SMARTS and develop your blend of skills.

As the week progresses, you would increase intensity to 50 to 70 percent and begin running for balls and adjusting to different shots. Keep raising the power of your swing until you're hitting consistently at 90 percent or better the day before the tournament, and you're trying 100 percent for a few sustained periods. By the time you reach the match, you've rehearsed varying swing speeds and can execute them all. Bobby Banck, coach of Mary Joe Fernandez, adds that swing speeds vary more with players who like to hit the ball flat. Players who hit with heavy topspin tend to swing consistently at the same speed.

In a match don't try shots that you have not practiced. It's the same thing with swing speeds. Building swing speeds into your *practices* will yield great results in your competitive play.

Sharpening Your SMARTS

The SMARTS skills give you a framework for understanding and working on your game. You may have a great swing but poor vision. You may move across the court quickly but not adjust well when you near the ball. You may have a smooth rotation on your ground stroke but an awkward weight transfer on your volleys. The SMARTS system can help you troubleshoot your game and work on your weak areas. Chapter 2 helps you take this general information and apply it more specifically to the shots of your game.

Hình 3: Chuyên Gia Bobby Banck: Gia Tăng Vận Tốc Vung Vợt Đỉnh Cao (*Coach Bobby Banck: Increasing Swing Speeds through Kinetic Whip*)

Thay vì gồng cứng bắp tay, sự thả lỏng các khớp cổ tay và cẳng tay là bí quyết nhân đôi vận tốc đầu vợt trước khoảnh khắc va chạm bóng.

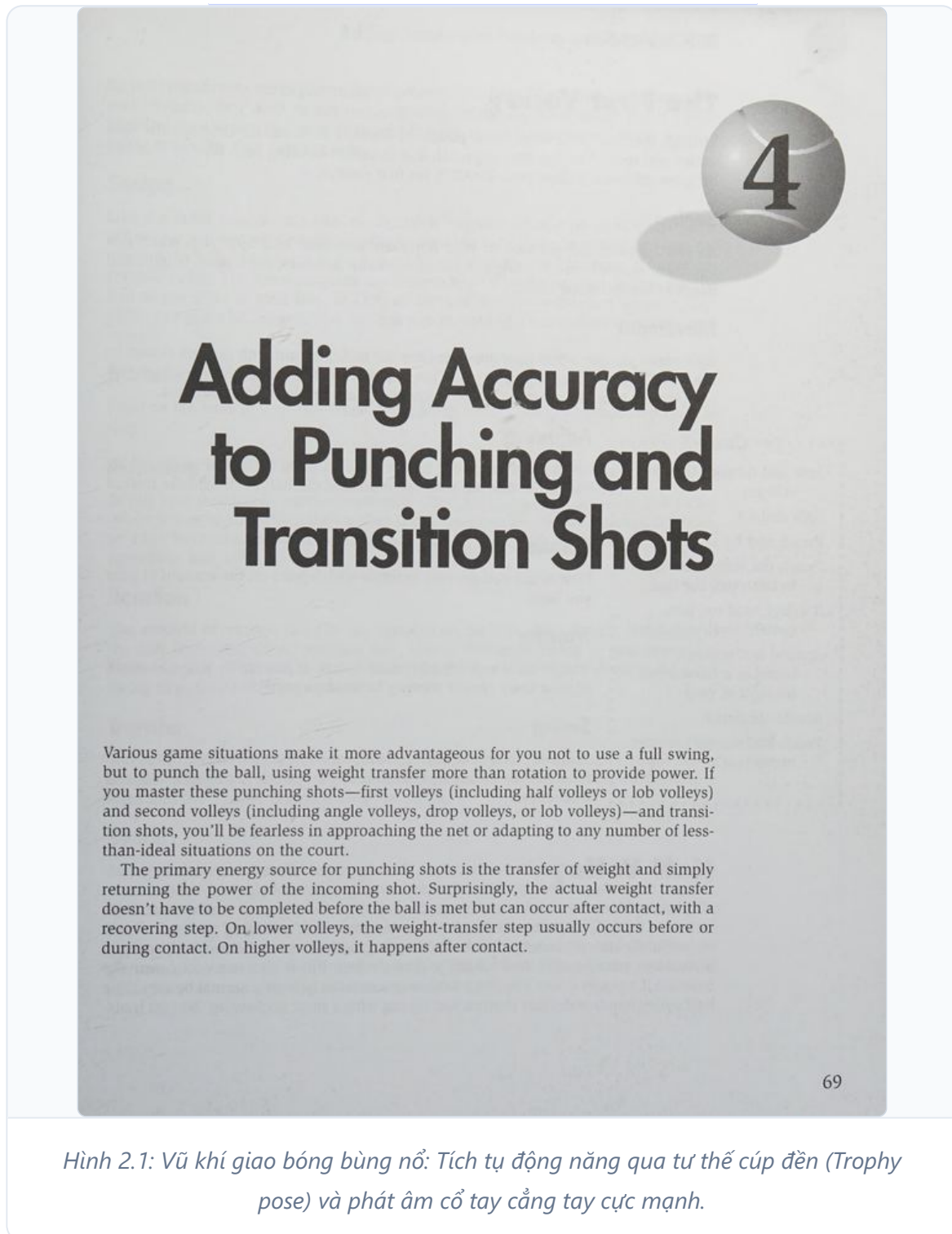
PHẦN 2: GIAO BÓNG & TRẢ GIAO BÓNG

Vũ Khí Giao Bóng Uy Lực & Chiến Thuật Trả Giao Bóng

⚡ Giao bóng: Bộ ba vũ khí Flat, Slice & Kick Serve

🛡️ Trả bóng: Cắt góc nảy & Tấn công quả hai

🕒 Thời gian đọc: 22 phút



Hình 2.1: Vũ khí giao bóng bùng nổ: Tích tụ động năng qua tư thế cúp đèn (Trophy pose) và phát âm cổ tay căng tay cực mạnh.

1. Bộ Ba Vũ Khí Giao Bóng Của Tay Vợt Chuyên Nghiệp

Một tay vợt nghiêm túc (Serious Tennis Player) không bao giờ dựa dẫm vào duy nhất một kiểu giao bóng. Bạn phải làm chủ ba biến thể với cùng một động tác chuẩn bị nhằm đánh lừa đối thủ:

forward, while the upper body is counter-rotated back. In addition, the left shoulder is up and the right shoulder is slightly lower in the trophy position.

As the coiled energy begins to be released, the flexed legs extend and the counter-rotated trophy pose starts to uncoil, starting with the hips, the torso, and then the upper body. It's hard to keep this uncoiling action on a stable axis, so imagine your left arm pulling you up to the point of contact. The racquet stays back, like the end of a whip. Only after the chest muscles release, sending a chain reaction through the arm, does the racquet rip through to meet the ball. As the right arm whips forward, the left arm acts as a decelerator by coming to the side near the hip or across the body and stopping there. It's like a jackknifed tractor-trailer. The tractor slams on the brakes but slings the trailer forward. Your racquet arm is that trailer.

The last rotation is that of the racquet hand and forearm. The forearm rotates outward (pronates) and then the wrist and racquet snap through to meet the ball.

..... **Cues**
 • Extend, reach, pull
 • left arm up
 • Load and explode

Transfer

Transferring weight into your serve requires rhythm and timing. Start with your weight on both feet, followed by one step into the court if your swing is that forceful. To start transferring more weight into your serve, start with your weight on your back foot before going into your service motion. Or, if it feels more comfortable, start with your weight forward, then rock back onto your back foot before going forward into your serve. As the ball is tossed, the weight of the body naturally transfers forward to the front foot. The transfer of weight continues up and out to the toss while the legs forcefully push off the ground. This transfer continues as the ball is struck and the body moves into the court.

There are several ways to complete the weight transfer. Some players like to step into the court with the back foot, while others prefer the front foot. Choose the best way for you, considering your starting stance, amount of rotation, swing, and intention.

Many good players angle their hips into the court as they serve. Their feet, of course, stay back, avoiding a foot fault, but they bend their hip out over the baseline, creating even more of a body stretch, and transfer their weight forward. On the serve, then, their bodies follow their hips into the court as the weight is transferred forward, adding power.

Creating sharp angles with your various body parts (see photo on page 31) is a key to developing a powerful serve.

..... **Cues**
 • Hips forward
 • Trophy pose

Swing

As we saw in chapter 1, your swing has many factors—grip, swing path, strike zone, and point of contact being the major ones. Consider these as you work on your serve. But you also can choose what type of serve to hit. You have three basic options:

1. A **flat serve** is the most direct, straight and strong, like a baseball pitcher's fastball.
2. A **slice** is a curveball, curving left from a right-handed server. When it hits it often skids and stays low.
3. A **kick serve** is more difficult, but it often has a dramatic effect, diving sharply and kicking to the left of the returning player. It's something like a pitcher's screwball.

Hình 6: Cơ Chế Cú Giao Bóng Xoáy Cồng (Kick Serve) An Toàn & Bật Cao (*Kick Serve Mechanics — Vertical Racket Trajectory & Heavy Topspin*)

Đầu vợt quét vút từ vị trí 7 giờ lên 1 giờ qua quả bóng, tạo độ xoáy cuộn bồng qua lưới với biên độ an toàn cực lớn trước khi nhảy chồm vào thân đối thủ.

- **Giao bóng phẳng sấm sét (Flat Serve):** Đánh bóng trực diện từ đỉnh cao nhất với mặt vợt phẳng, dồn toàn bộ động năng vào tâm bóng để tạo tốc độ cực đại trên 180 km/h nhắm thẳng góc chữ T.

- **Giao bóng xoáy dạt biên (Slice Serve):** Tung bóng hơi lệch sang bên phải chừng 15 cm, chém mặt vợt quanh mép phải của quả bóng để tạo quỹ đạo uốn cong sang hai biên, kéo đối thủ chạy vắng ra ngoài sân đấu.
- **Giao bóng xoáy nảy bổng (Kick / Topspin Serve):** Tung bóng hơi ra phía sau đầu, quất vợt từ vị trí 7 giờ lên vị trí 1 giờ xuyên qua lưng quả bóng. Khi tiếp đất, bóng nảy dựng đứng lên ngang vai hoặc đầu đối thủ, tước đoạt hoàn toàn khả năng tấn công của họ.

On a clay court, direct the ball side to side and hit behind your opponent. (Clay is a bit slippery and quick turns can be tough.)

Tactical Skill Progression 12: Putting It in Play

Apply core match tactics to an actual match.

Play three to five sets with a friend, trying out the core match strategies. Take a notebook or logbook with you and jot down your thoughts during changeovers. Then as soon as possible after you play, do a more thorough analysis of how your strategies worked. Here are the things to consider and questions you should answer:

Step 1: Rate yourself overall from 1 (needs improvement) to 10 (outstanding) in the following areas:

Being steady	1	2	3	4	5	6	7	8	9	10
Moving my opponent	1	2	3	4	5	6	7	8	9	10
Attacking opponent's weakness	1	2	3	4	5	6	7	8	9	10
Making playing conditions work for me	1	2	3	4	5	6	7	8	9	10

Step 2: Being steady

- In what location on the court did you play the most?
- About what percentage of shots did you make successfully in the defensive and rally phases?
- About what percentage did you make successfully in the challenge, attack, and counterattack phases?
- About how many times did you challenge or attack when you shouldn't have?
- About how many times did you rally or stay on the defensive when you should have challenged or attacked?
- Based on this, next time out should you be more offensive or defensive in your play?

Step 3: Moving your opponent

- Do you think your opponent had to run more than you did, less than you did, or about the same?
- About what percentage of your shots had your opponent running five or more steps?

Step 4: Attacking your opponent's weaknesses

- What weaknesses did you notice in your opponent's game?
- How did you attack these?
- On the points when you directly attacked these weaknesses, about what percentage of those points did you win?

Step 5: Playing conditions

- What significant playing conditions did you notice (sun, wind, heat, surface, balls)?
- How did you take advantage of these?
- Did that work?

Hình 2.2: Trả giao bóng tấn công: Cắt góc này của bóng bằng cách bước tiến vào trong sân, rút ngắn biên độ vung vợt.

2. Chiến Thuật Trả Giao Bóng Tấn Công

Trong quần vợt hiện đại, trả giao bóng là cú đánh quan trọng thứ hai chỉ sau quả phát bóng:

- **Định vị vị trí theo thói quen của đối thủ:** Quan sát xem đối thủ hay giao bóng vào góc nào ở những điểm nghẽn để di chuyển đón đầu trước một bước.
- **Cắt góc nảy quả giao bóng hai:** Khi đối thủ thực hiện quả giao bóng hai chậm hơn, hãy lập tức bước tiến vào trong sân từ 1 đến 1.5 mét, chặn bóng ở điểm cao nhất và tấn công bóng sâu về phía chân đối thủ.

🎯 Nguyên Tắc Giao Bóng Của Scott Williams

Tốc độ không thể bù đắp cho độ chính xác. Một quả giao bóng có vận tốc vừa phải nhưng cắm chính xác vào mắt cá chân hoặc trái tay đối thủ luôn nguy hiểm hơn một quả bóng cực mạnh nhưng bay thẳng vào tầm tay thuận của họ.

3. **The drop.** As the legs straighten, the racquet drops to its lowest point down the back.
4. **The whip.** The racquet speeds upward to the ball. The coiled energy is unfurled with fury through hips, back, chest, shoulder, arm, and wrist. Depending on your type of serve, the wrist and forearm will rotate some before impact.
5. **Impact.** The body is fully extended. The coiled energy is released into the ball.
6. **Follow-through.** The racquet continues outward across the body for slice and flat serves, but more to the side for a kick serve. The whip motion will cause you to bend at the waist. Your weight transfer and follow-through drive you a step or two into the court.

Cues

- Slow, then quick
- Pretend you're throwing your racquet at the ball
- Serve like you're throwing a baseball
- Spaghetti arm
- Check your watch as you serve (pronation for slice)
- Serve with spin
- Elbow up (follow-through)

Strike Zone, Point of Contact

Virtually all serves are struck in the high strike zone. (Underhanded serves are legal but rare.) But points of contact vary for the kick, flat, and slice serves. For a flat serve, hit the ball straight on, but for a slice you'll meet it on the ball's right side. For a kick serve you're tossing lower but more directly above your head, and the racquet meets the ball low—around a 7 o'clock position—brushing up toward 2 o'clock. That's what gives it such a nasty spin.



Racquet Speed

Bob Brett

Coach who has worked with Boris Becker, Goran Ivanisevic, Nicolas Pietrangeli, Andrei Medvedev, and many others

Racquet speed is hand and arm speed. But how do you get your arm moving quickly? Many beginners try to muscle the ball, tightening their arms to generate more power. But this actually decreases arm speed. The greatest power comes in your rotation and transfer, generated by the stronger muscles of your torso, back, chest, and shoulders. Your arm is like a whip, adding its own power only at the very end of the swing. So keep your arm loose, like spaghetti, so your swing can whip freely with the power of your whole body.

Now that you see how to apply corrective SMARTS to your serve, you may need to troubleshoot problems in your existing serve. The troubleshooting guide below can help you pinpoint what elements of the SMARTS skills can help you improve.

Hình 7: Huyền Thoại Bob Brett: Chuỗi Động Lực Phát Bóng Uy Lực & Điểm Rơi (Coach Bob Brett: Maximizing Racquet Speed and Placement Power)

Chuỗi động lực từ lực đạp chân, uốn cong cung thân đến động tác sắp cẳng tay (pronation) hoàn hảo tạo nên vũ khí giao bóng áp đảo.

PHẦN 3: THỐNG TRỊ KHU VỰC LƯỚI

Thông Trị Khu Vực Lưới: Volley Đấm Bóng, Smash & Bỏ Nhỏ



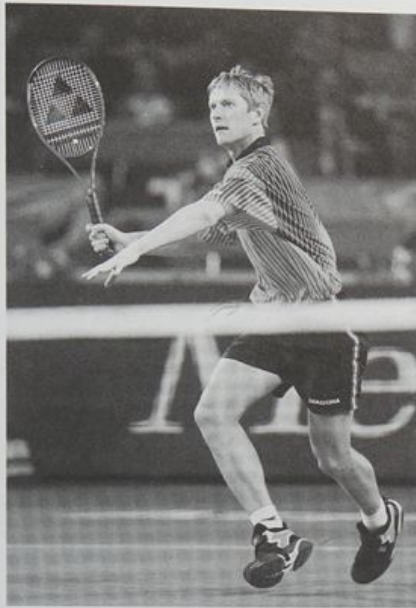
Lưới đấu: Bắt Volley đấm bóng & Kiểm soát góc thấp



Đòn cảm giác: Đập Overhead trừng phạt & Drop Shot



Thời gian đọc: 22 phút



Yevgeny Kafelnikov's explosive power and footwork allow him to change direction quickly.

center of gravity, which allows them to change directions quickly. When tennis players go to the gym, they often do the wrong exercises. They need to emphasize working with the legs.

Explosive power is important because you need to generate explosive speed for the first few steps, and you also need to change directions. Tennis requires explosive speed to take off, but you also have to plant and recover and that takes power. You see it often with players who don't have the leg strength to plant and recover. They end up getting stuck. The ability to plant the foot and push off is critical. This enables you to accelerate quickly and change directions. My theory is that footwork is like dancing; you have to be light on your feet.

Some people—especially older people—say they don't have good footwork. They *have* the ability, but on the court they get tight. If I took you to a hard court out in Las Vegas somewhere, with the temperature over 100 degrees Fahrenheit, and I made you take off your shoes, you'd have great footwork. Your feet would be moving all the time!

Look at Jimmy Connors—he was always moving from the time he hit the ball until he received the next ball. He kept moving so he didn't have to break inertia. But to do that you have to be in very good shape, which brings us back to speed endurance.

Flexibility is important to help prevent injury.

Also, some shots require you to be flexible in order to make them over the net. Players that do not get down well for low volleys tend to be stiff through the hips. Edberg always had his back straight and played on the balls of his feet. If you are bending from the waist because you are tight in the hips, you will never have a good volley. Improve your flexibility with yoga exercises on pages 242 and 243.

Agility is developed as a separate skill, after you have developed the strength, balance, flexibility, and power. Then you start learning how to position your feet, hips, and shoulders to react before and after hitting the shot, how to hit the ball with control and balance, and how to make sure you're ready to hit the next shot. The best way to learn agility is to get into position to hit a ball without hitting a ball. Once you learn how to move into position, then you're ready to try it with a ball.

Eye-hand coordination is also necessary. Most good tennis players have quick hands (explosive power). But, good returners have good eyes and reflexes. To improve your eye-hand coordination you'll need to incorporate a variety of exercises that require hand/eye coordination such as playing other racquet sports (i.e., ping pong and badminton).

Relaxation is important, too. Notice how relaxed players like Marcelo Rios and Pete Sampras are on the court. Players who are obviously nervous and tense, on the other hand, get beat. You can train yourself to relax to a certain degree (see chapters 8 and 9).

Hình 3.1: Thống trị khu vực lưới (Net Domination): Bước chân trước khóa góc, cổ tay đầm chắc đón bóng trước tầm mắt.

1. Thống Trị Khu Vực Lưới: Tư Duy Của Kẻ Săn Mồi

Tiến lên lưới không phải là một hành động liều lĩnh; đó là giai đoạn dứt điểm tự nhiên sau khi bạn đã tạo ra một đường bóng ép sân hoàn hảo:

Footwork at the Net

Once you're at the net, you have a strategic advantage, but you still have to hit the ball. You usually don't have a lot of time to react. At the net, your seeing and reacting skills are especially important.

Ready position. Once at the net, adopt a ready position as usual, but keep your hands a bit farther from your body and your racquet head up. This way, you can move your hands and racquet into position more rapidly when the ball comes.

Split step. As soon as your opponent makes contact, hop into that split step. Like a cat on a hot tin roof, land softly on the balls of your feet, ready to pounce anywhere.

Unit turn. Hips, torso, shoulders, and racquet are one unit as you turn to forehand or backhand. At the net, however, you may not be making a full 90-degree turn. You may only have time to turn 45 or 60 degrees, but your body still moves as a unit. Remember to stay low in your turn, ready to move up into your shot as needed.

Step out. At the net, with reduced reaction time, that first step is especially important. Step out with the foot that is closest to the ball. Cross over with the other foot if you have to cover more ground.

Shuffle. Most of your net play will involve only short distances, a few steps right or left. Shuffle steps should be enough to get you into place.

Lineup. As with any shot, you need to line up your feet and hands on the incoming ball, but your movements at the net will be shorter and more concise.

Hit and step. For years tennis pros have encouraged players to "step and hit." While that's necessary on low and wide balls, sometimes there's just not enough time at the net to step first and hit high or medium-height balls. Instead, you can hit the ball first and take your step as a recovery. This will feel more natural but still allow you to transfer your weight into the shot.

Punching shot. The whole nature of your swing is different when you're at the net. You don't need as much rotation here, so the full rotation of a ground stroke isn't necessary. Instead, use an abbreviated swing using your opponent's pace in creating a punching shot. Step into the swing and punch it.

Square up. Immediately after stepping into your volley, square up with your other foot to return to a ready position. Most intermediate players step *back* into a ready position, but that gives up valuable territory. Follow the shot—that puts you one step closer to the net.

In addition to those basic movement guidelines, there are a few special steps you might use during net play:

Balance step. This is a stabilizing move for low volleys, used frequently on first volleys in which the ball has dipped down toward your feet. Step forward transferring weight onto your lead foot just before you hit the ball. Get as low as you can (like a lunge, but be sure to keep your back straight). Players often will drag the trailing foot on its side in order to get low enough and still continue toward the net.

Run and through. This is a "cowabunga" move, requiring total commitment. When you see your opponent has hit an easy floater, run to the ball with your racquet high in front of you. Try to catch your opponent's return high and put it away.

Hình 8: Bộ Chân Lên Lưới & Kỹ Thuật Bước Đệm (Split-Step) Khóa Góc (*Footwork at the Net — Split-Step Timing for Explosive Interception*)

Khoảnh khắc đối thủ chạm bóng là lúc người chơi lưới hoàn tất bước nhảy chia chân trên mũi bàn chân, sẵn sàng lao về hai hướng chặn bóng.

- **Cú đấm Volley không vung vợt (Compact Punch Volley):** Cố định góc cổ tay với kiểu cầm Continental duy nhất. Giữ mặt vợt luôn ở phía trước tầm nhìn và dùng bước chân trước tiến thẳng vào quả bóng để truyền động lượng.

- **Xử lý bóng thấp dưới cọc lưới (Low Volley):** Khi bóng chìm sâu xuống chân, hãy hạ thấp toàn bộ trọng tâm bằng cách gập sâu hai đầu gối, giữ đầu vợt cao hơn cổ tay và mở nhẹ mặt vợt để nâng bóng an toàn qua lưới.
- **Volley góc rộng dứt điểm (Angled touch volley):** Khi đối thủ bị dạt xa khỏi sân, chỉ cần thả lỏng nhẹ cổ tay và đổi góc tiếp xúc để bóng rơi trượt chéo sát mép cọc lưới ngoài tầm với.

2. Cú Đập Overhead Trừng Phạt & Đòn Bỏ Nhỏ Bất Ngờ

Sự kết hợp giữa sức mạnh bạo liệt và cảm giác tinh tế:

Movement: Perfect your shuttle steps so they allow you to move forward and backward.

Rotation: The backward movement is dangerous and you're losing all rotation. Your shoulders aren't turning. Turn your whole body to run back, even if you keep your head forward to watch the ball. Keep that body rotation. Just before a smash, be in a trophy pose, as if you're serving, with hips and shoulders coiled back. In practice, try catching the ball with your extended left hand while your body coils in the trophy pose.

I'm always hitting the smash off my back foot.

Seeing: Watch and listen for cues that your opponent is planning on lobbing you. Look to see if their racquet face is open, if both of their feet are planted, and if they are dropping the racquet head and accelerating upward to hit a topspin lob.

Movement: The jab step is crucial to perfect.

Transfer: Get quickly into position to behind where the ball is dropping. Give yourself room to transfer weight into the smash. Sometimes you'll have to hit off the back foot, if the lob surprises you, but ideally you'll set up behind it and step in.

I always jump off the ground when hitting a smash. Is this OK?

Seeing: Look to see where you are in the court. If you are ahead of the service line, you shouldn't have to jump unless you are just being flashy.

Transfer: Hang time is cool, but it can make you mistime your smash. Keep your feet on the ground and transfer weight forward, using shuffle steps or small stutter steps to get into position, then set your feet and uncoil upward to the ball. You can jump on the more difficult smashes, when a lob pushes you deep in your court, past the service line. Then the bicycle or scissors smash may save you.

My smash lacks power.

Transfer: Adjust with your legs flexed, then push off the ground forcefully.

Swing: Your point of contact may be too far to the side or too low. Reach up for the ball above your head.

I'm always sidearming the ball on the smash.

Adjusting: Track the flight of the ball with your nonracquet hand.

Swing: Work on your swing path and pronation of the forearm to ensure that you're hitting the ball from left to right. On the smash, your swing path goes upward past your ear, not off to the side.

Backhand Smash

The backhand smash can be one of the most balletlike movements in tennis. And it's quite helpful if you're playing a crafty opponent who can repeatedly disguise his intent and then lob over your backhand side.

Seeing

The lob over your backhand normally catches you by surprise on your way to the net, so there's not a lot to see in advance. Just be sure you recognize it as soon as possible.

Movement

Not much here either. You have little time to move backward, as you would for a normal smash. You may just have time to step back with your right foot or take a crossover step.

Hình 9: Cú Volley Đấm Bóng (Punch Volley) Trong Giai Đoạn Chuyển Tiếp (*Adding Accuracy to Punching and Transition Shots — Solid Contact*)

Rút ngắn tối đa biên độ mở vợt, mặt vợt đi thẳng xuyên qua tâm quả bóng với bước chân thuận dậm mạnh chuyển trọng lượng về phía trước.

- **Overhead Smash dũng mãnh:** Xoay nghiêng người 90 độ, tay trái giơ cao chỉ thẳng vào bóng ngắm bắn, vươn thẳng người đập bóng ở điểm tiếp xúc cao nhất phía trước trán.
- **Cú bỏ nhỏ ngụy trang (Disguised Drop Shot):** Làm bộ như đang chuẩn bị một cú thuận tay ném lực cực mạnh, vào khoảnh khắc tiếp xúc bóng thì thả

lỏng bàn tay, hãm đầu vợt và gạt nhẹ vào đáy quả bóng tạo độ xoáy lùi rơi nhẹ sau mép lưới.

Chiến Thuật Bắt Volley Của Scott Williams

Trong các tình huống giằng co trên lưới, hãy luôn ưu tiên bắt bóng vào chân đối thủ đang chạy tới. Quả bóng chạm vào mũi chân là quả bóng khó xử lý nhất trong mọi tình huống quần vợt.

Movement

The beauty of the drop shot is that your opponent never knows when it's coming. Use the same movements as for the backhand slice: a closed stance commonly is used, with carioca and shuffle steps to maintain the stance.

Adjusting

Step up on the ball with your foot closest to the net. The racquet head starts high and follows a high-low-high swing path, similar to a slice. The racquet face is open on the backswing and stays open as contact is made. As with the slice, it's crucial to get proper distance by moving around the ball. You can drag your back foot across the ground for sensory awareness.

Rotation

On the backhand drop, your racquet arm bends and extends. But on the forehand, your elbow remains fixed and the rotation comes from your upper body turning in the direction of the shot.

Transfer

Step forward to the ball, bending your leg and then straightening.

Swing

The point of contact is to the side of the body. The continental grip is preferred, but other grips may be used, as long as the racquet face can open properly. On the backswing keep the racquet face open, with the racquet coiled back around your body. The swing path is under and through, lifting the ball over the net with height and backspin, meeting the ball with an open racquet face. Pronate (turn the palm of your hand downward) on the backhand and supinate (turn your palm upward) on the forehand—that is, rotate your forearm to open the racquet face. If you receive a ball with considerable pace, keep your swing path under and forward, which will impart backspin and lift, and it will help you direct the ball to go where you want it.

-Cues.....
- Under and lift •
 - Cup it •
-

Troubleshooting for Drop Shots

My opponent easily puts my drop shot away.

Seeing: Observe your opponent's strengths and weaknesses. Do not play into her strength by directing a drop shot to her better side. Selectively choose when to use it.

Swing: You may need to put more backspin on the ball, so swing low to high.

My drop goes into the net.

Seeing: Aim higher and extend your follow-through. Also, you may be too far back or trying to handle a difficult ball. Don't try the drop shot if you're behind the baseline or receiving a tough shot.

Movement: Take the time to set up the shot; move

Hình 10: Cảm Giác Bóng Tinh Tế & Kỹ Thuật Bỏ Nhỏ Giấu Động Tác (Disguised Drop Shot)

(Touch and Finesse — The Disguised Drop Shot from Defensive Positions)

Động tác chuẩn bị hoàn toàn giống một cú cắt bóng sâu nhưng cổ tay thả lỏng ở mili-giây cuối cùng để bóng rơi nhẹ nhàng sát mép lưới đối phương.

PHẦN 4: BẢN LĨNH ĐẤU TRÍ & CHIẾN LƯỢC

Biến Áp Lực Thành Lợi Thế & Thi Đấu Dưới Áp Lực Đỉnh Cao



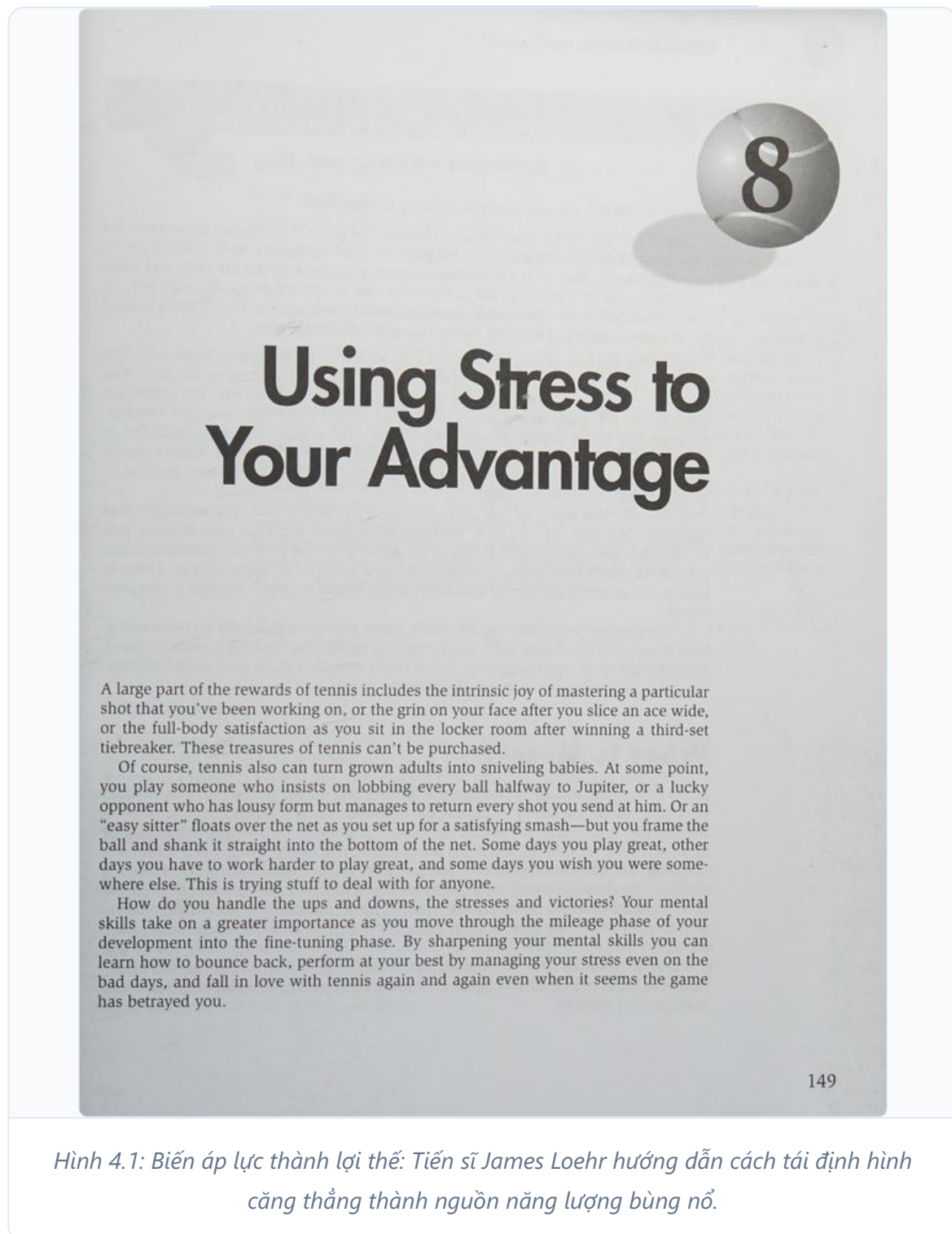
Tâm lý học: Tiến sĩ James Loehr – Chào đón căng thẳng



Chiến lược: Kế hoạch thi đấu & Phong thái đấu sĩ



Thời gian đọc: 24 phút



1. Tiến Sĩ James Loehr: Chào Đón Căng Thẳng (Welcoming Stress)

Trong một chương đặc biệt đầy tính đột phá của cuốn sách, huyền thoại tâm lý học thể thao Tiến sĩ James Loehr chia sẻ triết lý then chốt:

Sickness

When you're sick, the best policy is not to play; rest up and get better. Playing only weakens your body. With medication, you might feel well enough to play, but even this is a risk as you're just delaying your needed rest. If you try to play through it, you'll most likely get sicker.

There are a few exceptions. Say you have a muscle injury and, even though you're not 100 percent, you still can play with a bandage. That's fine, if you're careful. But illness requires bed rest, and there's not much you can do about that. In 1996, Boris Becker kept trying to play through an illness. He eventually had to take three weeks off to recover. Who knows? If he had rested immediately, his down time might have been only three days.

Sleep

To maintain your concentration on the court, we've already established that you need to eat right, but you also need to sleep well. These are the basic preparatory mechanisms of the human body and can't be ignored. There are many myths out there regarding sleep. Some think that everyone needs seven or eight hours a night. Others say that afternoon naps just make you more tired. But these ideas aren't necessarily true. However the effectiveness of sleep depends not so much on how many hours you get, but on how deep you sleep.

Brain research has shown that we go through five stages of sleep, and we cycle through these stages four or five times a night, with each cycle lasting 60 to 90 minutes. The first two stages—light sleep—make up nearly half of the total sleep time. Muscles relax, brain waves slow down, and blood pressure and body temperature drop. In this stage we are awakened easily.

Our sleep deepens as we reach stages 3 and 4. (Dr. James Loehr calls this the "good night's sleep.") In these stages our brain waves slow even more, our muscles relax totally, and our metabolic rate drops to its lowest level. Not only does this give us a well-rested feeling, but researchers also are noting the benefit of these sleep stages in fighting infections, repairing tissue, and effecting other aspects of physical healing. The body's growth hormone also is released during this time.

Stage 5—REM (rapid eye movement) sleep—takes up 20 to 50 percent of sleep. The first REM cycle typically starts 90 to 100 minutes after falling into sleep. Heart rate and blood pressure fluctuate considerably during this period. Breathing quickens and brain waves pulsate faster than during other phases. REM sleep is the period when dreams occur (dreams appear important for both learning and cognitive function). REM cycles become larger and more intense at the end of the night. Interruption of sleep during this stage can be disruptive to the learning process.

So let's bring all this research onto the tennis court. You're about to face a great opponent in the biggest match of your life. You have tossed and turned all night, in anxiety and excitement. Is your lack of sleep going to hurt you?

One sleepless night may have minimal effect, but sustained sleepless nights can reduce thinking efficiency, cause a wide range of concentration problems, and negatively affect coordination and reaction time," according to Dr. Loehr. "Many people become irritable and feel stressed when normal sleep cycles are disrupted. People also report more headaches, pain, and illness during periods of sleep deprivation. Anxiety and poor self-image are also reported. . . . The result is less efficiency and less

Hình 11: Tiến Sĩ James Loehr: Biến Căng Thẳng Thành Động Lực Thi Đấu (*Dr. James Loehr: Using Stress to Your Advantage & Developing Mental Toughness*)

Tâm lý học đỉnh cao khẳng định căng thẳng là chất xúc tác cho sự hưng phấn và tập trung tối đa, không phải rào cản tâm lý của nhà vô địch.

Căng thẳng không phải là kẻ thù; căng thẳng là người bạn đồng hành của sự tiến bộ. Cơ bắp không thể phát triển nếu không chịu áp lực tạ nặng, và bản lĩnh tinh thần của bạn cũng không thể tôi luyện nếu không trải qua những thời khắc nghiệt thử ở điểm Break point. Khi bạn học cách "chào đón" căng thẳng với nụ cười tự tin, bạn kích hoạt trạng thái hưng phấn tối ưu của hệ thần kinh.

Stroking Skill Progression 5: In Between

Blend your transition shots.

Start a ground-stroking game with a friend in runway A. After a few warm-up strokes, begin an approach—but only take two steps between shots. Adjust to the balls with your hands and feet as needed. Hit a half volley if you need to catch the ball on a short hop, then keep volleying as you move toward the net.

Stroking Skill Progression 6: Putting It All in the Blender

Blend your strokes into a workable game plan.

This is probably best done with a coach or instructor who can feed you a basketful of balls. Vary the height, depth, direction, pace, and spin. Hit a couple of ground strokes, an approach, a first volley, second volley, second volley angle, and then a smash followed by a drop volley. As you become more confident, add to your transition shots the swinging volley, which has the same mechanics as a ground stroke.

Now that you have your arsenal of shots, and can blend them as needed, when should you hit which shot? Some of it depends on how well you're positioned. If you have the proper distance to the ball and it is in a strike zone that you like, swing fully through the shot. However, if you're close to the ball or it is low and you are in trouble, then take some of the speed off the ball with a slice or by just getting the ball back.

Phases of Play

I've discussed the different phases of play, based on court location and type of ball received, in chapter 5. Now you need to make your shot selection based on your phase of play. Let's review what your shot intention should be in the different phases of play.

Defensive

In the defensive phase of play, you want to get the ball over one more time, hoping that you can improve your situation or that your opponent makes a mistake. You want to hit with height over the net if you are deep in the court. If the ball is really low and you are near the net, get the ball over the net by opening your racquet face and aiming over the lowest part of the net. Use any variety of spins including topspin, underspin, or slice. Ideally, if you use a slice, try to keep it low over the net so your opponent receives a difficult ball with which to put you away. Place the ball up the middle if your opponent stays back, so you don't give her an angle to create off of your shot. If she comes in, then go crosscourt with a ball that dips to her feet with topspin or goes right at her. If you need to lob, choose a topspin or a slice, but give the topspin lob more height. Slice lobs with backspin naturally give the ball some lift. If the ball is low, then hit crosscourt to get it over the lowest part of the net.

Hình 4.2: Thi đấu dưới áp lực: Hòa nhập các cú đánh bài bản thường ngày với trực giác ứng biến linh hoạt trong từng pha bóng.

2. Thi Đấu Dưới Áp Lực: Hòa Nhập Cú Đánh Thói Quen & Ứng Biến

Để không bị sụp đổ trong các thời khắc quyết định của trận chung kết:

Mental Skill Progression 1: Loving the Game

Remember why it's worth it.

Step 1: List five reasons why you're lucky to play tennis.

Step 2: List five things you love about tennis. The game of tennis can teach you a lot about how you live other parts of your life. If you develop a well-rounded game by integrating its mental and physical aspects, you can integrate the skills and tasks you do in your everyday life in the same way. It works the opposite way, too. If you develop a well-rounded life, with mental, emotional, spiritual, and physical dimensions all in balance, your game also will likely improve.

Achieving balance is the assumption behind the complete player approach. Just focusing on one aspect of athletics is shortsighted. We need to focus on the athlete as a whole. The more a coach or program embraces the whole athlete, the better the chances that the coach or program has a lasting impact on the athlete. John Wooden, the legendary UCLA basketball coach, and many other coaches with long traditions of success have known this. It's not just about the mechanics of the game. These coaches have connected with the whole person, engaging the spirit of each player—not just as an athlete but as a human being.

What does this mean to you and your game of tennis? Just that technique and tactics are only parts of the game. You need to condition and train your attitude, too. Learn to roll with the ups and downs of the game. Don't let your own passions defeat you. Leave your losses on the court, but take your victories wherever you go. Learn to love tennis as one great part of a wonderful life. That's how you become a complete player.

In the process, you'll develop life skills, inner processes that help you succeed both in tennis and in life. These skills teach you how to ride the bucking bronco of stress. The eminent sport psychologist Dr. James Loehr identifies three such skills: welcoming stress, recovering from stress, and making waves.

What Is Stress?

Stress is basically energy expenditure, a biochemical event. You're probably familiar with some of the chemistry of muscle development. As you expend energy, working the muscle, it produces chemicals that result in growth. But, with the use of new brain-scanning techniques, scientists are realizing that every thought is a movement of energy. So, when you visualize a perfect serve, you're expending energy. There is a physical, biochemical event! Apparently mental and physical stress are more similar than we once thought. Some people think of mental training as unreal, just part of a fantasy world. But, just as with physical training, actual energy is being expended.

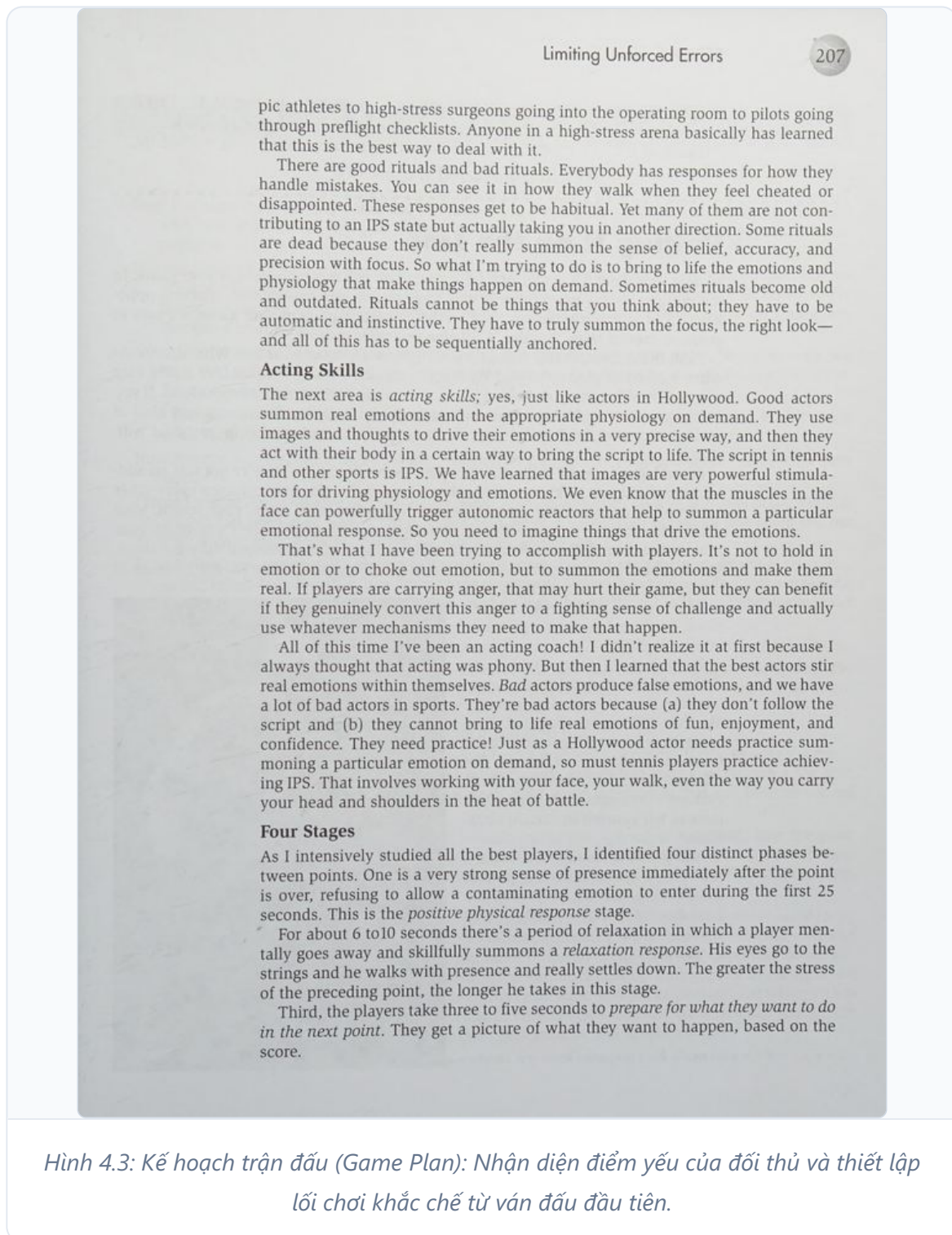
Stress comes from different sources and affects us in different ways. As you understand the types of stress that plague you, you'll be able to develop an effective stress management strategy.

Hình 12: Nghi Thức 16 Giây Của Nhà Vô Địch Giữa Các Điểm Số (*Between-Point Rituals — The 16-Second Emotional and Physical Reset*)

4 giai đoạn nghi thức chuẩn xác: Phản ứng tích cực, Thả lỏng nhịp thở, Chuẩn bị chiến thuật và Tập trung tuyệt đối vào điểm số tiếp theo.

- **Quy trình 16 giây giữa các điểm số (The 16-Second Cure):** Đi bộ thẳng lưng, mắt nhìn xa, thở sâu bằng cơ hoành, chạm vợt tích cực và lên kế hoạch rõ ràng cho điểm số tiếp theo.

- **Tin tưởng vào các cú đánh thói quen:** Ở điểm 30-30 hoặc deuce, tuyệt đối không thử nghiệm những cú đánh lạ lẫm. Hãy sử dụng cú đánh sở trường mà bạn đã thực hành hàng nghìn lần trong các buổi tập.



3. Xây Dựng Kế Hoạch Trận Đấu (Game Plan)

Scott Williams nhấn mạnh rằng một tay vợt nghiêm túc không bao giờ bước vào sân mà không có một kế hoạch tác chiến rõ ràng:

- **Thăm dò điểm yếu trong 3 ván đầu tiên:** Quan sát xem đối thủ đánh trái tay bằng cú slice hay topspin, khả năng cứu bóng thấp trên lưới của họ ra sao và họ xử lý bóng nảy cao ngang vai như thế nào.
- **Kiên định với kế hoạch tác chiến:** Nếu đối thủ yếu quả trái tay, hãy kiên trì đánh 80% số bóng vào góc trái của họ cho tới khi họ mất bình tĩnh và tự sụp đổ.

Thông Điệp Vàng Từ Scott Williams

Hãy chơi quần vợt với niềm đam mê nghiêm túc nhất. Tôn trọng từng quả bóng, tôn trọng đối thủ và cống hiến 100% năng lượng trong từng giây phút hiện diện trên sân đấu!