



There are hundreds of tips experienced players can pass on to up and coming tennis players. These include technique, court craft and tactics to knowing how to train like the pros e.t.c. However for the up and coming player to be successful in the game of tennis they need to have a solid platform from which to launch them selves.

It is the combination of these key skills that give a player that platform. *Note that the “leader skills” of tennis are listed in order of priority from 1st green, 2nd red, 3rd blue, 4th violet, and 5th in pink. A “leader skill” is a skill that starts the positive ripple effect that enables a player to master the finer skills, often with out even being shown. Most faults in technique can be traced back to the lack of leader skills which in turn starts the negative ripple effect that comes from getting the leader skills wrong.

Leader skills and key skills of tennis technique.

