



## How to Hit Out, Get Ball Control and Play Percentage Tennis

*Anthony J. Stockman*

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## **How to Hit Out, Get Ball Control and Play Percentage Tennis** Anthony J. Stockman

This book is written for any tennis player who wants to get good. It focuses on the visual not the physical. It centers on gaining control of the ball through a visual targeting architecture you will construct unique to your game. Direct control of the body or stroke is left behind as you apply these concepts. This frees up your body when hit your shots. It enables you to "hit out." It is the opposite of making your body do something right to control the ball. It is making the ball go where you want it to go, and as a result, your body does the right thing. This is the ball control technique. To play "percentage tennis" you need to know how to choose the right shot in a given situation during a point. This is called shot selection. Shot selection is all about where to shoot your shot, not how to hit your shot. Ball control techniques teach you the "where" is this problem. There are six concepts you will learn on the way to getting ball control and becoming a percentage-tennis player. They are:

- Targets and aiming
- Playing the arcs
- Arc projection
- Strength and position
- The vector of the oncoming shot
- Vision

These concepts are tools. Once you understand them you own them. You will be able to apply them, on your own, to improve every time you play. This book breaks the traditional mold of tennis instruction. You can smash straitjacket stroke techniques with these concepts. Applying the concepts within will enable you to "hit out" all the time.



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