

# The Playbook

*Before every practice. Before every match.*

## CHANGEOVER CUES

- *Weight forward, widen stance*
- *Hands lead steps — counterweight arms*
- *Head still, pick a spot on the ball*
- *Diagnose after the point, not during*
- *Breathe deep when nervous*
- *Relax and have fun*

## JAY'S KEY

*"What's the earliest I can casually hit the ball?"*

*The answer is — with weight.*

*Lock into the ball. Upper body in, hands cause the imbalance — legs fix it. That's the flow."*

## FOOTWORK & MOVEMENT

### The Split Step

*Right as your opponent makes contact, hop and land on both feet simultaneously — wider than shoulder-width, knees bent. This unlocks your body from stillness and loads both legs equally so you can explode either direction.*

### Counterweight / Hands Lead Steps

*Your racket hand reaches toward the ball BEFORE your foot plants. The arm momentum pulls your torso and shifts your center of gravity — you fall INTO the ball rather than stepping at it. Upper body leads, legs chase.*

### Fight for Two Inches

*Stay on your toes, leaning forward with your weight. Forward pressure gives you easier contact, natural spin, and steals time from your opponent.*

### Wide Stance Always

*Widen your stance after serving and especially when returning. Weight forward throughout the entire point. A wide base is the foundation everything is built on.*

## MINDSET & DECISION-MAKING

### Decide Before the Ball Arrives

*Pros commit to the next shot before contact. Pre-committing to targets drops errors and builds confidence. Your strokes don't matter if your mind isn't leading them.*

### Diagnose After the Point, Not During

*Stay present during the point. Save corrections for after. Never evaluate in the middle of play.*

### One Point at a Time

*Every point starts at zero. One bad point doesn't lose a match. One good shot doesn't win a point. Stay in the present tense.*

### Confidence Is Trained

*Your attitude is visible to opponents. Energy matters more than score. Discipline beats motivation every time.*

# The Playbook

Strokes · Habits · Recovery

## STROKES & TECHNIQUE

### Head Still — Pick a Spot on the Ball

Keep your head completely still through contact. Focus on a specific part of the ball for cleaner contact on groundstrokes and volleys.

### Lifting Balls: Legs First

Push off powerfully with your legs to lift the ball — don't arm it up. Leg drive creates the height and power.

### Serve: Head Up, Don't Peek

Keep your head up after the serve. Do NOT peek to check if it's in — immediately ready yourself for the return. If your serve feels off, do two shadow swings first.

### Serve + First Ball Is Everything

The serve and your first response ball set the tone for the entire point. Treat them as a unit, not two separate things.

### Spin Brings It Down

Upper body weight in and out, engaging naturally, lets power flourish. The hands are always positioned to cause an unbalanced upper body — only the legs can fix it. That tension IS the flow.

## TRAINING HABITS

### Slow Practice Builds Fast Tennis

Technique takes years, not weeks. Slow, deliberate practice encodes the right patterns. Don't rush the process.

### Consistency Beats Power

Progress is not linear. Keep showing up. Discipline over motivation, every single day.

### Recovery Is Training

Rest days make you better, not weaker. Sleep is a secret weapon. Hydration affects focus. Overtraining slows improvement.

### Film Yourself

It's uncomfortable but necessary. Watching your own tennis is one of the fastest ways to improve. Watch great players too.

### Warm-Up Sets the Session

How you warm up affects your entire practice or match. Take it seriously — it IS the start of your game.

## NERVES & BREATHING

### Breathe When You're Tight

Inhale through your nose, exhale forcefully — do this a couple of times when nerves creep in. Breathing between points changes everything.

### Losing Teaches More Than Winning

Every level struggles — even pros. Stay patient. The game rewards patience.

### Tennis Reveals Character

The sportsmanship you show, the grit you bring, the dedication you pour in — that's who you are. Let it shine.

— WITH LOVE —

*I love you so much and I'm incredibly proud of the sportsmanship you always show, the hard work you pour into this sport, and the grit and tenacity you bring every single time.*

*You're going to have a great game — don't be afraid to let it shine. Go get 'em. ■*

# The OH Factor

What makes the best high school tennis player?

<p><b>VISION</b></p> <p><i>Decides before the ball arrives. Always knows the target.</i></p> <p>01</p>	<p><b>FLOW</b></p> <p><i>Upper body in motion — hands lead, legs fix the imbalance.</i></p> <p>02</p>	<p><b>PRESENCE</b></p> <p><i>Head still. Locked into the ball. Every. Single. Point.</i></p> <p>03</p>
<p><b>MOVEMENT</b></p> <p><i>Split step. Wide base. Counterweight arms.</i></p> <p>04</p>	<p><b>BEST HS PLAYER</b></p> <p><b>Gabi</b></p> <p>THE OH FACTOR</p>	<p><b>COMPETE</b></p> <p><i>Energy over score. Mental strength in the close ones.</i></p> <p>06</p>
<p><b>DISCIPLINE</b></p> <p><i>Slow practice. Rest. Film. Consistency over power.</i></p> <p>07</p>	<p><b>CHARACTER</b></p> <p><i>Sportsmanship. Grit. Tenacity. Tennis reveals who you are.</i></p> <p>08</p>	<p><b>PATIENCE</b></p> <p><i>One point at a time. The game rewards you.</i></p> <p>09</p>

## 35 TENNIS TRUTHS

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| <p>01 <i>Progress is not linear</i></p> <p>02 <i>Consistency beats power</i></p> <p>03 <i>Fewer mistakes, not more winners</i></p> <p>04 <i>Footwork matters more than strokes</i></p> <p>05 <i>Technique takes years, not weeks</i></p> <p>06 <i>Confidence is trained, not given</i></p> <p>07 <i>You don't need to hit hard to win</i></p> <p>08 <i>Recovery is part of training</i></p> <p>09 <i>Rest days make you better</i></p> <p>10 <i>Every level struggles — even pros</i></p> <p>11 <i>Losing teaches more than winning</i></p> <p>12 <i>One good shot doesn't win a point</i></p> <p>13 <i>One bad point doesn't lose a match</i></p> <p>14 <i>Mental strength decides close matches</i></p> <p>15 <i>Breathing between points changes everything</i></p> <p>16 <i>Depth is more important than speed</i></p> <p>17 <i>Placement beats spin obsession</i></p> <p>18 <i>Simple patterns win matches</i></p> | <p>19 <i>Serve + first ball is everything</i></p> <p>20 <i>Warm-up affects your whole session</i></p> <p>21 <i>Slow practice builds fast tennis</i></p> <p>22 <i>Watching tennis improves your game</i></p> <p>23 <i>Filming yourself is necessary</i></p> <p>24 <i>Your body type matters — copy wisely</i></p> <p>25 <i>Overtraining slows improvement</i></p> <p>26 <i>Sleep is a secret weapon</i></p> <p>27 <i>Hydration affects focus</i></p> <p>28 <i>Equipment won't fix bad habits</i></p> <p>29 <i>Your attitude is visible to opponents</i></p> <p>30 <i>Energy matters more than score</i></p> <p>31 <i>Every point starts at zero</i></p> <p>32 <i>Tennis exposes your character</i></p> <p>33 <i>Discipline beats motivation</i></p> <p>34 <i>Tennis teaches life skills</i></p> <p>35 <i>Stay patient — the game rewards you</i></p> |
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