

# BE GR8 AT TENNIS



## ROB CHERRY

Following are some tips I've compiled, to help improve your technique, tactics, footwork, fitness, mentality, nutrition and match preparation.

### Technique

[20 Serve Exercises \(Video\)](#)

[Serve Practice Tips](#)

[8 Stage Model of a Serve](#)

[Djokovic Serve Biomechanics \(Video\)](#)

[S Williams vs S Stephens Serve \(Video\)](#)

[Thiem 1st & 2nd Serve \(Video\)](#)

[Pro Player Practice Videos](#)

### Tactics

[8 Doubles Formations](#)

[Doubles Tactics for Tennis](#)

[Hand Signals for Doubles](#)

[Singles Tactics for Tennis](#)

[Live Ball Patterns for Singles](#)

[2 vs 1 Drills](#)

[Serve Anticipation Tips](#)

[Serve Patterns](#)

[Types of Tennis Players](#)

[Variety in Tennis](#)

[Winning Key Points](#)

## Footwork

[Improve Footwork](#)

[Footwork Stances for Groundstrokes](#)

[Importance of a Split Step](#)

## Fitness

[Dynamic Warm Up with Video](#)

[Resistance Band Warm Up Video](#)

[Resistance Band Shoulder Warm Up](#)

[Gym Workout for Tennis](#)

[Injury Prevention for Tennis](#)

[ITF Advice on Common Tennis Injuries](#)

[Key Muscles Used in Tennis](#)

[10 Minute Stretching Routine](#)

[Static Stretches](#)

## Mental

[Mental Tips](#)

[Andy Murray Match Notes](#)

[Breathing Tips](#)

[Practice Pressure Games](#)

[Serve & Return Rituals and Routines](#)

[Coping with Bad Line Calls](#)

## Nutrition

[Sample Meal Plans](#)

## Match Preparation

[Tennis Bag Essentials](#)

[Types of Tennis Strings](#)

[Match Evaluation Sheet](#)