

YOUR 2025 TENNIS CHEAT SHEET

Five ways you can make 2025 your BEST tennis year yet



SWIPE UP FOR TIP #1



COACH SIMON

@TOPTENNISTRAINING

01/05

TRACKING THE BALL

TIP ONE

Tracking the ball is the most important thing EVERY player must do.

Yet it's the most neglected aspect of tennis.

See the ball come off your opponents racket to help you prepare early and create time on the shot.

Track the ball onto your strings, and see the ball coming off your strings for a cleaner contact zone.

SWIPE UP FOR MORE



02/05

BREATHING CORRECTLY

TIP TWO

The second most important thing you can improve to significantly improve your tennis in 2025 is breathing.

Focus on exhaling prior to and during the contact point, which will help you stay loose during the strike.

By exhaling, the body will stay more relaxed, you'll conserve more energy on court and you'll feel fitter, for much longer.

SWIPE UP FOR MORE



03/05

PRACTICE WITH PURPOSE

TIP THREE

How you practice will either help or hinder your performances in matches.

Showing up to training with no clear goals will slow down your improvements.

You should know exactly what you're working on in each session, and how it will help you long term.

Plan your practice and practice with a plan.

SWIPE UP FOR MORE



04/05

DON'T NEGLECT POINTS IN PRACTICE TIP FOUR

Do you play better in training compared to matches?

Very often it's because players don't play enough points and practice matches in training.

Your training sessions can be filled with point specific drills, which can still help you improve a specific stroke.

For example, you can play points crosscourt on the backhand side, with no forehands allowed, which is a great way to hit lots of backhands whilst still playing points.

SWIPE UP FOR MORE



05/05

PLAY THE PERCENTAGES

TIP FIVE

Play high percentage tennis to win more matches.

On your serve, don't go for aces but hit serves that you know you can make 70% of the time.

You may need to use more spin, to ensure you get the first serve in consistently.

When returning, don't be a hero.

Chip the faster serves back into play and get yourself into the point.

If you get an easy 2nd serve, step inside the court and take it early, instead of staying back and taking big swings.

From the baseline, construct points using crosscourt shots 80% of the time.

By going CC, you're gaining three valuable things:

1. Hitting over the lowest part of the net
2. More court to hit into, and late contacts will still go in
3. Less recovery after your shot

Focus on winning the CC exchange and make your opponent take the high risk down the line shots.

SWIPE UP FOR MORE



NEED MORE HELP WITH YOUR GAME?

Visit Our Website at
www.Top-Tennis-Training.com
or Send us a DM



BY COACH SIMON KONOV
LTA LEVEL 4 SENIOR PERFORMANCE COACH
RPT NATIONAL PROFESSIONAL COACH

WWW.TOP-TENNIS-TRAINING.COM