

# Tips for Better Tennis Outdoors



Playing tennis outdoors is different and many say more challenging. Below are tips that can help you handle wind, sun, and court conditions.

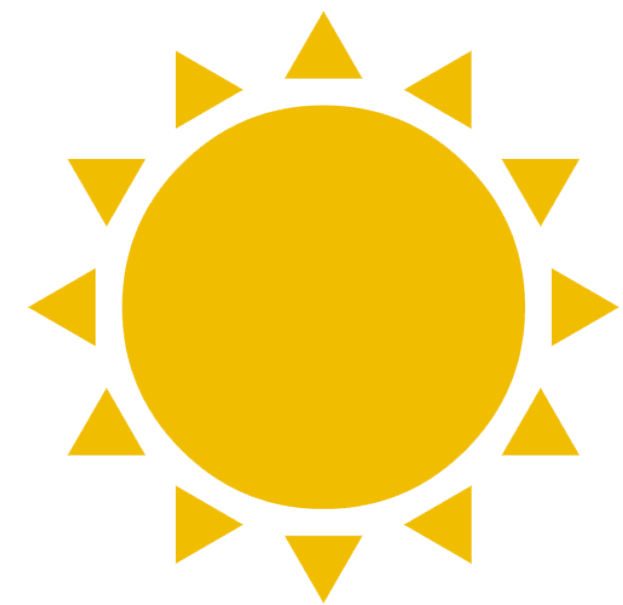
## USE THE WIND TO YOUR ADVANTAGE:

**1. When hitting against the wind:** Use more “linear” shots.....shots that are hit lower, stronger, more penetrating in an effort to keep your returns landing deep (at least past the service line). Your higher returns will be slowed up by the wind.



**2. When hitting with the wind:** Use shots with more “shape” looping returns with higher net clearance. Use the wind to push your opponent deeper into the backcourt and behind the baseline. See if you can use the wind to get more shots bouncing high to your opponent’s backhand.

**3. Playing in a crosswind:** Give yourself plenty of room for error when playing in a cross-wind. Shots aimed close to the line can be affected in these conditions. Also, footwork is key to positioning well in windy conditions. Never stop “dancing” with these little steps and make lots of small adjustment steps.



## HEY, THE SUN IS SHINING!!

**1. Looking into the sun, and serving:** In our latitude, the sun is tough for right-handers in the afternoons. Between 1-5p, you may have to practice a different toss location. If your normal toss goes up and into the sun, toss to the right and hit a slice serve.

**2. Making your opponent look into the sun:** When on the “shady” side of the court, the sun can be your friend and a real struggle for your opponent. Use moon balls and lobs when in a defensive situation. These types of shots will give you time to recover, and make your opponent deal with the sun.

*Interested in practicing these ideas?*

Book a tennis lesson with one of our pros! Group and private lessons available.

