

3 Surprising Mistakes That Are Sabotaging Your Tennis Game

And How to Fix Them – Fast!



**MY
TENNIS
HQ**

You've Picked the Right Coaches!

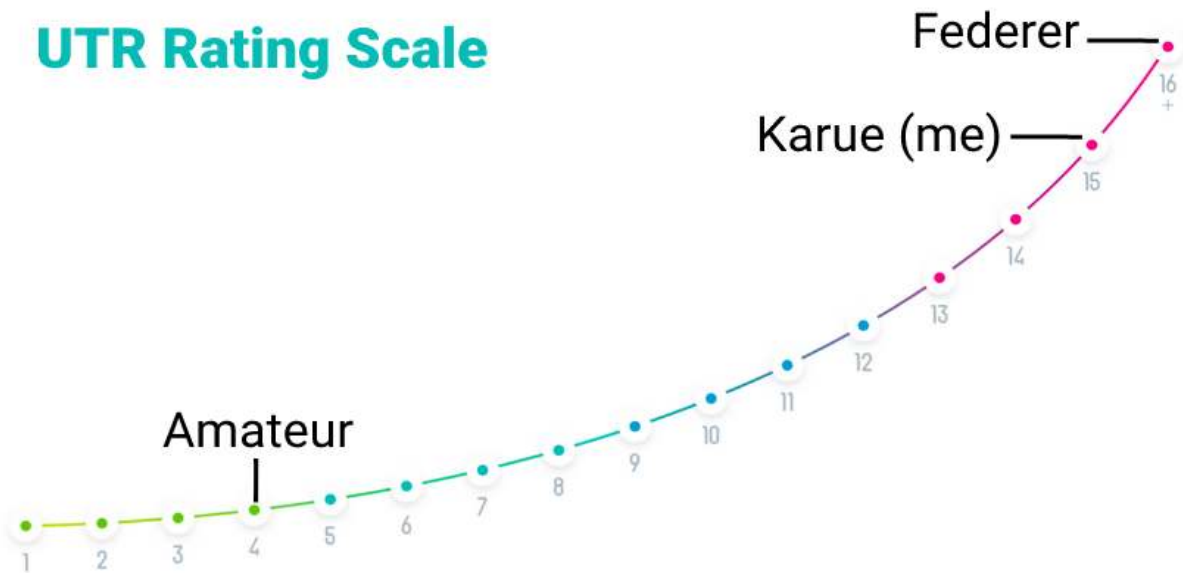
My Tennis HQ is brought to you by Gui Hadlich and Karue Sell, passionate former D1 college and ATP professional players. With 20+ years of experience at the highest levels of tennis, we're excited to give you the secrets we learned from the top coaches and most elite academies.



We reveal pro tennis tips that help amateur players quickly win more. Our simple yet powerful advice will transform your tennis game so you can dominate your court and love playing.



UTR Rating Scale



Introduction

Tennis is an incredibly simple game, yet it's one of the most complex sports to master. On the surface, it's just a combination of groundstrokes and footwork. But whether you're new to the court or a seasoned pro, there's so much more to playing the game — especially if you want to win.

This paradox is what creates frustration in so many people, causing you to not play as well as you know you can, lose points to unforced errors, and get stuck in your head.

It's not your fault you feel this way. You've been given so many different tips from so many places — coaches, friends, videos — it's impossible to not have it all get caught in your head when you're trying to play.

But don't worry, I have your solution. **And – good news. It's all about simplifying!**

I'm Karue Sell, your new online tennis coach. At My Tennis HQ, our goal is to empower tennis players of all levels and abilities to play their best and to enjoy the game.

As passionate former D1 college and ATP professional players, my partner Gui Hadlich and I bring amateurs the insider secrets that the pros use. Our simple yet powerful techniques rapidly improve your game while increasing your love of this incredible sport!

In this guide, I'm going to reveal the 3 biggest mistakes I see amateur players repeatedly make and give you **quick fixes** to level up your play. Let's dive in...

Mistake #1

You Hit in Retreat Mode

This first mistake is simple, but I see amateur players make it all the time: Hitting the ball while in retreat.

Our natural reaction to something coming at us is to move back. This works great for us in most areas of life, preventing us from getting hurt. But in tennis, it's a game-killer.

A core principle of the tennis groundstroke is to hit the ball in front of you while moving your body forward.

Remember this: hit in front while moving forward.

When you let your instinct to move away from an object take charge, you end up hitting the ball too late and while moving backward. Worst of all, when you're in a state of retreat, you forget all of your other tips and techniques.

Tennis is a fast game with lots of split-second decisions. Players tend to move back to give themselves more time to think and react. More time is definitely a good thing. But moving backward to gain that time almost always leads to poor shots.

You have more time than you think. In fact, you have enough time to move toward the ball, in total control.

Replacing your retreat instinct with your new, move-toward-the-ball instinct is relatively easy. All it takes is a few simple adjustments.

PRO TIP: Don't Let the Ball Bully You

The first fix is to adjust your mindset. Don't let the ball bully you.

You're in control of your side of the court. Not the ball — and certainly not your opponent.

Instead of following your instinct to move back to give yourself more time you should start back a little bit further.

This way you're naturally setting yourself up to strike the ball as you're moving forward. And that's exactly what you want!

Remember – you're the one hitting the ball, not the other way around.

PRO TIP: Hold Your Ground

Of course, it isn't always possible to be back enough to come toward the ball. If a shot is going to land close to you, focus on holding your ground.

If your first step is backward, your groundstroke will be weaker. The ball is always going to catch you. It's faster than you are.

By falling back, you'll find that you consistently hit short balls. If you're running away from the ball, you can't hit well.

Instead of moving backward, refocus your attention on holding your ground so you can get the best shot from where you are. This will always produce a better stroke than swinging while in retreat.

Practice this: stand inside the baseline to force yourself to take balls in a spot that would normally cause you to back up. But don't move. Hold your ground. Get comfortable with it. It gets easier with a little practice.

PRO TIP: The "Hitch" Rule

This is one of my favorites. If you've seen the movie "Hitch" with Will Smith and Kevin James, you'll remember the 90/10 rule from the kiss scene.

Here's how this applies to tennis: You want to let the ball come 90% of the way to you and then you go the remaining 10% of the way to the ball.

It's so simple, yet I promise **this will transform your game.**

Allow the ball to come to you. Then, at the last second, step forward toward the ball to cover the last 10% as you hit.

The ball is doing most of the work, but you're the one in control!

Your Coach's Recap

The Mistake

X You Hit in Retreat Mode

Your Quick Fixes:

- ✓ Don't Let the Ball Bully You
- ✓ Hold Your Ground
- ✓ The "Hitch" Rule (90/10)

Mistake #2

You Overthink Your Strokes

The second big mistake I see many recreational players make is overthinking their strokes. I get it, and it still happens to me sometimes! We're given so many tips on each tiny part of a single stroke that it can feel impossible to keep it all straight.

But guess what happens when you try to remember everything and execute that checklist? **You get the exact opposite result** than you wanted.

The more you think, the worse your shot gets.

It's counterintuitive, but it's something that becomes apparent at the highest levels of the game. The biggest improvements in my own game came as I learned to think less.

Just think about the checklist you have to go through on every single shot if you focus on each element of a stroke:

- Watch the opponent's shot
- Split step
- Where should I move?

- What type of return to hit
- Grip
- Footwork
- Unit turn
- Torso turn
- Non-racket-hand position
- Bend the knees
- Distance from the ball
- Backswing
- Racket head position
- Stepping in
- Body rotation
- Loose wrist
- Arm movement
- Racket lag
- Racket head drop
- Low to high swing path
- Brushing up
- Following through
- Setting up for the next shot

Nobody — not even the top players — can remember all these elements on every shot. Trying to cram this into your head takes away the fluidity of your shots and also makes the game less fun.

As any professional will tell you, **the fastest path to improving your strokes is to actually think less!**

I'll give you my secrets for doing this in a moment, but first, let's look a little closer at the problems...

X Trying Too Hard to Control the Racket

First, we need to cover stroke production. Most amateurs I see are trying too hard to control the racket. You probably think about four different spots and make sure your racket moves into each of those areas.

The problem here is that too much focus on control destroys fluidity. You might be technically correct, but your strokes won't reach their maximum potential.

X Not Letting the Racket Work for You

To build the fluidity I just mentioned, you need to let the racket do most of the work. Don't force it; trying to power through isn't going to do your shots any good. This takes the pressure off of you trying to force a perfect swing.

The racket will do the work for you.

X Giving the Same Importance to Every Part of the Stroke

The surprising truth is, not every part of the stroke is equally important. If you focus your attention on the most important moments, you'll get exponential benefits.

So what can you do to stop overthinking your shots? I have some simple, effective tips to help you refocus your attention on the parts of your stroke that matter most.

PRO TIP: Pay Attention to the Ball

Track its movements. Measure the bounce, watch as it moves through the air. You'll find that this helps you move correctly toward the ball.

PRO TIP: Follow the "6 Inch Rule"

The six inches before your racket hits the ball and the six inches after contact are the most important parts of your stroke. Refocus your attention on this narrow area and you'll have more fluid strokes and more control.

PRO TIP: Focus on Your Footwork

Pros know that footwork is even more important than racket technique.

Try moving your attention to your lower body. This will get you to the optimal position to hit a great shot.

Shifting your attention to these 3 things will keep your mind engaged on the more important parts of your game and less on the minutiae that leads to overthinking and poor groundstrokes.

Your Coach's Recap

The Mistake

✗ You Overthink Your Strokes

Your Quick Fixes:

- ✓ Pay Attention to the Ball
- ✓ Concentrate on the 6 Inches Before and After Contact
- ✓ Focus on Your Footwork

Mistake #3

You're Too Focused on Topspin and Racket Speed

Most amateurs strive for big topspin and fast racket head speed to create unbeatable shots. But that usually creates the opposite result: a mishit.

While topspin and racket speed are both important to create solid groundstrokes, too much topspin and too much racket head speed can ruin otherwise great shots.

Here's why these are problematic in your game...

X Poor Unit Turn

When the top half of your body is twisting without your bottom half, you're out of sync and you have to overcompensate by trying to increase racket head speed. This comes from a poor unit turn.

Focusing on your unit turn and getting the entire body in balance to twist together allows you to have more power with less effort.

X Soft, Shallow Shots

Many players hit with topspin, but the balls are shallow, bouncing near the service line and giving your opponent an easy return.

To hit the ball deeper you need to focus on height. The more topspin on your shot, the higher above the net you need to aim so the ball lands just inside the baseline. This delivers a challenging shot that pushes your opponent back off the court.

X Weak Center of Gravity

Footwork comes into play here in a big way. So many players have their feet too close together and are standing too tall when they hit. This throws off your center of gravity and puts you off balance.

You then swing too fast to make up for your poor body positioning when a stronger stance will instead give you the power you're looking for. Focus on keeping your center of gravity low with a wider base.

If you want more effective topspin and power, try my pro tips...

PRO TIP: Lengthen Your Stroke

It's common to shorten the stroke in an attempt to increase racket speed, finishing with the racket at the ribs. Instead, you want a long stroke where you aim your racket at the target and finish above the shoulder.

PRO TIP: Use Your Entire Body

Focus on your unit turn and getting your upper and lower body to work together as a whole. Don't focus on your hands too much.

PRO TIP: Let the Racket Do the Work

Don't swing the racket too fast. Let the racket and gravity do the work to move through your natural swing path from low to high. You'll get the speed that you want with less effort!

Your Coach's Recap

The Mistake

X You're Too Focused on Topspin and Racket Speed

Your Quick Fixes:

- ✓ Lengthen Your Stroke
- ✓ Use Your Entire Body
- ✓ Let the Racket Do the Work

Your Post-Match Wrap-Up

It's taken me years of hard work and a lot of incredible coaches and trainers to learn these secrets. I'm glad I could share them with you in this guide to shortcut your success.

Don't try to implement everything at once. Pick the one mistake you think is holding you back most and start there. Use the tips in your next game and let yourself enjoy the results.

Your Next Step...

Do you know that there's 1 surprising secret that **every pro player uses** that's rarely ever taught at the recreational level?

But once it was revealed to us at the elite academies, it transformed how we played and we've seen it do the same for the amateur players we coach.

[Discover the 1 Surprising Pro Secret That Transforms Every Part of Your Tennis Game... Click Here →](#)

