



# How To...

## React When Pulled Wide

By Peter Farrell – TICA Coach Development

**As a general rule, if your opponents previous shot has pulled you wide off the court, it is best to reply with a crosscourt rather than a down the line shot. Why?**

For one thing it is always going to be easier to be successful with a crosscourt shot as against the down the line alternative, because of the fact that the **net is lower** in the middle. Since a crosscourt shot goes over the net near the centre of the court, it is going over the lower portion, as against a down the line shot that goes over the net out near the net post – the higher part of the net.

Also, when hitting diagonally you are aiming into what is effectively a **'longer' court**. The distance from corner to diagonal corner is considerably greater than from one corner to the corner on the other end of the court that is straight ahead.

Another reason to go crosscourt in this situation is that your **'recovery distance'** is shorter. If you hit down the line when pulled wide, you have to recover to the opposite side of the court in order to be in the best possible position to react to your opponent's next shot. But if you go crosscourt, your best recovery position is on the same half of the court from which you played the shot.

*This can be quite a difficult idea to grasp, and the best solution is to book a lesson with your local TICA coach - full details at [www.tica.ie/tennis-coach/](http://www.tica.ie/tennis-coach/).*



Brought to you by the Tennis Ireland Coaches Association. If you are looking for a coach, and want the best, insist on a TICA coach.

**IS YOUR COACH A MEMBER?**

[www.tica.ie](http://www.tica.ie)