



## READY FOR CLAY? PART 7

### HOW BEST TO USE THE WARM UP TO YOUR ADVANTAGE

**WARM UP HAS THE PURPOSE OF WARMING UP THE BODY. YOU CAN LOOK AT IT THAT WAY. OR YOU USE IT TO YOUR OWN PERSONAL ADVANTAGE.**

A few balls back and forth. Two or three volleys. Three smashes. Four serves from your starting side. Four on the other side. And off you go, many players start play as if its a foregone conclusion without the slightest consideration. However, consideration would provide them with vital information about their opponent. What they are likely to do well in the on coming match. And perhaps that which they are less likely to do well. Consideration will reveal how the opponent moves. Whether he is good at running forwards. Or whether his strong point is more likely to be in movement to the left and right. This article will show you how to use consideration instead of simply closing your eyes.

### WATCH VERY CAREFULLY

With Speed dating you only have a few minutes to weigh up your opponent. Within a few moments you must make best possible assessment. Weigh up strong points and weaknesses. See how one can best utilize the given material and what one can put aside. Warm up is similar. Except that many players hardly look at or take note of their "Speed date". So that getting to know each other will be impossible.

Your concentration is required. You must take exact notice of how your opponent warms up. How he moves. What is his technique with forehand and backhand. Whether he prefers to play straight or with spin. From the very first ball you can be on the look out for your opponents strengths and weaknesses. For example during warm up you can put under scrutiny:

- Leg work
- Technique
- Speed
- Amount of spin

With this information you can put together a profile of your opponent before you have even played your first match point. With a profile you have a far more informative picture of your opponent than if you had taken no notice of him during warm up time. Of course your own rhythm is important. Of course you should accustom

yourself to this particular court. Of course you must get into a good swing. However, your opponent on the opposite side is just as important.

## MAKE YOUR PROFILE

A profile describes a person with subtle cues. Certain qualities and preferences should be included. What does this person like? What makes him stand out? What are his characteristics? The idea of a profile can be used wonderfully for every warm up. Compile this profile in your head. Imagine a notice board. First pin up a picture of your opponents` face. Then pin certain cue words next to your opponents face. Watch exactly what your opponent is up to. And pin up all important information on your notice board. Examples could be:

- Lazy legs
- Tension in forehand
- Backhand seems weak and uncertain
- Uncontrolled distance in serves
- Seems confident.
- Unusual technique with forehand

You see how you can fill your notice board and then your profile with all sorts of characteristics of your opponent. When the match starts you already have your first picture of your opponent. He is no longer a complete stranger. Instead, he is someone you can evaluate. So use this profile which warm up can provide. And make the best possible use of it.

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