

# Introduction

Welcome to *Unlimited Doubles !!* and congratulations for taking the first step toward a better doubles game. You're about to embark on a journey that will forever alter your perception of how doubles is played.

Many tennis players spend years playing the game without really understanding how doubles works. They typically feed the ball into play with a serve or a return and spend the rest of the point reacting to the opponents' shots and hoping for the best... unaware of a better way.

## The Point Control System

*Unlimited Doubles !!* will walk you step-by-step through a "system" that takes the mystery out of building a doubles game. I call it my "Point Control System."

Comprised of eight interrelated building blocks, the Point Control System simplifies and explains the elements of a good doubles game. It dispels the mystery by breaking doubles down to fundamentals that are uncomplicated and flexible enough to be adapted to players' games of all levels. Whether your goal is to move from 3.0 to 4.0 or from 5.0 to 5.5, the Point Control System has what you need. It is a holistic learning system for the self-directed player.

## Keep It Simple

Many players feel tennis is the tactical equivalent of chess. In my opinion, it's more like tic-tac-toe... a simple series of moves repeated over and over in a fairly predictable manner where execution makes the difference between winning and losing.

## Tactics and Strokes

Tennis is a game of tactics and execution. Before execution can take place, you must have an understanding of tactics. Tactics are the plans to be executed by your strokes and, therefore, come first. This is why *Unlimited Doubles !!* is focused on tactics... because you must have a clear understanding of your tactical wishes before you can expect successful execution of your strokes. To provide a high level of purely tactical instruction, all players are assumed to be of comparable ability and have a complete repertoire of shots. Should there be reference to a shot you're currently lacking, get help from your local pro rather than ignore the tactics.

## To Ensure Your Development

- Taking responsibility for your own development is a fundamental principle of learning. Your teaching pro may aid you in your quest, but the power to learn and grow as a player ultimately lies with you.
- Learn to trust in yourself and your ability to distinguish what's right for you. Does the information you're being presented make sense to you? This trust will enable you to distinguish information that's in your best interests for the long haul from a "quick fix" that may be misleading.
- Keep a positive attitude by laughing at your failures and encouraging yourself to learn. If you're to improve, mistakes are inevitable.
- Be patient. Learning to play at a high level is quite challenging. There will be ups and downs in any learning process. Players who follow the lessons and faithfully practice the drills in this book will be rewarded with new levels of tennis skills and understanding.

## Doubles is Doubles

*Unlimited Doubles !!* doesn't differentiate between genders when explaining tactics because tactics have no gender. Tennis ability is not specific to men or women. Hence, the following lessons have no gender specifics and apply equally to men's, women's, and mixed doubles. Efforts to achieve grammatical equality, while well intentioned, frequently lead to awkwardness. To avoid this, *Unlimited Doubles !!* defers to tradition and uses the masculine pronoun throughout.

## Using This Book Effectively

Since *Unlimited Doubles !!* builds block upon block; both your understanding and personal improvement will be enhanced if you proceed in the order presented in the book, beginning with lesson one. You'll quickly discover that The Point Control System sometimes uses terms and phrases not common to tennis. Though these terms are explained clearly as the lessons evolve, if you skip around in the book you may miss the explanations.

Each lesson starts with a statement of its objective. This is followed by an easily-understood discussion of what is essential if you are to reach that objective. Next

comes a summary of the lesson. Finally, to reinforce your understanding of the role played by that lesson's building block, there is a recommended on-court drill.

These drills form a substructure for *Unlimited Doubles !!*, challenging players to blend concept with practice and muscle memory.

The book is comprised of twelve lessons. The first eight lay the tactical building blocks. Lessons nine through twelve assemble these tactical building blocks of *Unlimited Doubles !!* into a winning strategy. When you understand and can follow these tactics, you'll have a solid understanding of doubles, an understanding you'll be able to use with confidence as you progress from one level to another.

So... enough said. Victory awaits you. Good luck and enjoy.