

# Pro's and Juniors

## Difference in Stroke Production

	Professionals	Juniors
<b>Forehand</b>	Balance between winners and errors. Can hit all strokes - Defense / Neutral / Offense (DNO) – off this side	Lots of winners but lots of errors or a solid stroke without being a weapon. Have one/two of D, N or O
<b>Backhand</b>	Master and vary underspin – topspin shots. Played from any position (open and semi open stance). Can hit either Defensively / Neutral / Offensively (DNO) – off this side	Topspin or underspin – not good at both  Classical foot positioning.  Mostly Neutral or Defensive
<b>Volley</b>	Situation that is searched for by the player approaching the net.  Usually is a high percentage shot.	They are not match-determining shots.  50/50 chance of winning the point
<b>Serve – Return</b>	Decisive shots.  Tries to take the initiative with the 2 <sup>nd</sup> serve.  Great players are specialised in at least one of the two strokes. They are weapons.	They are not match-determining shots.  Players try to avoid double faults.  Some junior champions <i>limit themselves</i> (by not attacking second serves) in order to not make mistakes.
<b>Overhead</b>	Decisive shot of high percentage.	Mid percentage shot.
<b>Drop-shot/Lob</b>	They are only resources to change the rhythm.	Could be used as a tactics.