



The Match Chart Collection

The Mental Emotional Tennis Work Book: The Match Chart Collection

**CHAMPIONSHIP
TENNIS**



**CHAMPIONSHIP
TENNIS**



**THE TENNIS
PARENT'S BIBLE**

By Frank Giampaolo

By Frank Giampaolo

Copyright 2010 Frank Giampaolo

(949)933-8163,

FGSA@earthlink.net

www.MaximizingTennisPotential.com

www.RaisingAthleticRoyalty.com

Second Print 2013

Also Available By Frank Giampaolo

CHAMPIONSHIP TENNIS

Human Kinetics Worldwide Publishing
(Available in Print and e-Book Formats)

Available in e-Book Format:

The International Player Evaluation

The Tennis Parent's Bible:

A Comprehensive Survival Guide
to Becoming a World Class Parent (or Coach)

The Mental Emotional Tennis Work Book:

Blunders & Cures

The Mental Emotional Tennis Work Book:

Insights & Antidotes

The Mental Emotional Tennis Work: Book:

Protocols of Winning

The Mental Emotional Tennis Work Book:

Match Day Preparation

The Mental Emotional Tennis Work Book:

How to Attract a College Scholarship

All rights reserved. Copyright 2010 FGSA

No part of this material may be reproduced in
any form or by any means without the written
permission from the author.

TABLE OF CONTENTS

[PREFACE](#)

[INTRODUCTION](#)

[CHART NOTES](#)

[FIRST STRIKE WINNING PERCENTAGE](#)

[BETWEEN POINT RITUALS](#)

[CAUSE OF ERROR CHART](#)

[COURT POSITIONING MATCH CHART](#)

[DEPTH OF GROUND STROKE CHART](#)

[ERROR PLACEMENT CHART](#)

[LENGTH OF POINT CHART](#)

[MEGA POINT CHART](#)

[SERVING PERCENTAGE CHART](#)

[SHOT SELECTION CHART](#)

[BASIC UNFORCED ERROR VERSUS WINNER CHART](#)

PREFACE

Most players spend one hundred percent of their time, money and energy on developing their fundamental strokes. Yet in competitive match play, they blame their lack of results on mental and emotional issues. I have never heard a top ranked player walk off the court and cry “If I only had followed through higher I would of beat that guy!” What we do hear day in and day out is “I can’t stand playing pushers!” or “I was hooked out of the match!” or “I was up again 5-2 and choked!” or “I’m sooo bad...I should just quit!”... Sound familiar?

The Mental Emotional Tennis Workbooks are comprehensive problem solving guides for the serious tennis player. The workbooks are designed for both the junior and adult competitor. They can be completed in any order, and independently of each other. They are designed to assist players through the mental and emotional complexities of the game of tennis. Included are organizational guidelines, time tested formulas for success, foundation essentials, common blunder cures, answers to common questions and winning strategies. Also included are educational tennis tools needed to help identify a player’s strengths and weaknesses, such as sample weekly and monthly planner, pop quizzes, match charts, match logs and daily focus journals.

Many talented athletes leave the game due to a lack of an organized plan and proper mental and emotional development. The aim of these workbooks is to provide the deeper insights needed to progress in such a challenging individual sport. The days of earning a high ranking while only focusing on fundamental stroke production are long gone.

While five of The Mental Emotional Tennis Workbooks, *Match Day Preparation*, *The Match Chart Collection*, *Insights and Antidotes*, *The Protocols of Winning* and *Blunders and Cures*, will surely assist you on how to fly, the sixth workbook in this series, *How to Attract a College Scholarship*, is designed to teach a junior competitor where to land.

Throughout the chapters of each workbook, you will notice repetition of some of the most important mental and emotional factors. In my opinion, this is just as important as stroke repetition. It is my intent to hit the reader with these little pearls of wisdom often enough to guarantee that they sink in.

The mission of The Mental Emotional Tennis Workbook series is to shine a light on the hidden skill sets required at the competitive levels of the game. Have fun while completing these workbooks. I am sure that you’ll agree “They contain everything you didn’t even know...you needed to know.”

Enjoy the journey! Frank

INTRODUCTION

The Match Chart Collection is a series of ten different charts that have been designed for easy implementation and maximum information gathering potential. The charts quantify match performance by identifying the strengths and weaknesses of a player's performance under stress- match conditions. Although all parents/coaches want their players to "win", the match should be considered an information gathering opportunity.

The charts "user friendly" format makes them attractive to the novice tennis parent as well as the advanced tennis coach. The goal is to encourage coaches, parents, family and/or friends to assist in the growth of the junior player. After charting a match, the charting notes should be shared with the player and the developmental team to organize future training sessions.

Additional Charting Advantages:

Past Match Chart Review: Players often play the same opponents over and over again at the higher levels. Reviewing past charts against the same opponent may reveal the opponents strengths and weaknesses.

Charting Opponents: You may also want to consider charting opponents and /or top seeds for a comparison study.

Self-Charting: Recognizing and applying the match statics (charting notes) during actual match play is a wonderful learned behavior that the top players have mastered. For example, it would prove meaningful if you knew the opponents forehand to backhand unforced error count heading into a tie-breaker.

Specific Match Chart Purpose:

FIRST STRIKE WINNING PERCENTAGE:

The First Strike is the very first shot your athlete hits- serve or return of serve. Identifying the winning percentage of the location of your player's serve and return of serve (First Strike) is shot selection awareness.

BETWEEN POINT RITUALS CHART:

This chart will identify the player's ability to stay focused and execute their critical between point rituals. Players who do not keep their brain focused on the task at hand have to defeat two opponents-the opposition and their own wandering mind.

CAUSE OF ERROR CHART:

Tennis is a game of errors. The first most critical step in error reduction is to spot the actual cause of the error. This chart will require you to identify the cause of the error. Note: Not all errors are caused by improper form!

COURT POSITIONING MATCH CHART:

This chart will differentiate whether playing “reactive” tennis from behind the baseline earns the best winning percentages or whether playing “proactive” tennis from inside the court increases winning percentages. The court position you prefer to play may not be the position that wins you the most points.

DEPTH OF GROUND STROKE CHART:

This chart will quantify the depth of the ground stroke which determines the ease of return for the opponent. A ball landing short in the service box (attack zone) is often a sitting duck to be crushed by the opponent. A ball landing deeper in the court (defend zone) often keeps the opponent on their heels in a defensive position.

ERROR PLACEMENT CHART:

This chart will expose where your player makes most of their errors. One of the keys to error containment is understanding error placement. Winning matches require spotting and fixing re-occurring errors.

LENGTH OF POINT CHART:

The length of your point is dictated by your playing style. This chart will expose your players shot tolerance level. Knowing shot tolerance level will help you organize your playing strategy. For example: If the opponent can't hit more than 3 consecutive balls in, your player doesn't need intricate strategies; they simply need to hit 3-4 balls deep and let the opponent self-destruct. On the other hand, if the opponent has a shot tolerance of 20 balls, your player needs to run patterns to maneuver the steady player into a vulnerable position.

MEGA POINT CHART:

Mega points are the game winning points. This chart is especially important in competitive tennis because it highlights the game winning points. Tipping a close match in your favor requires spotting a big point before it's actually played, paying attention to match details and running the smartest patterns.

SERVING PERCENTAGE CHART:

This chart discriminates between the varying important factors required to hold serve- serve consistency, serve location and first and second serve win-loss percentages. Ask your player to let go of the “speed” of the serve and begin to focus their attention on the above components. FYI: On the WTA tour, second serve win-loss percentages are the most telling factor in deciding the outcome of the match.

SHOT SELECTION CHART:

The mental game is the X's and O's of strategy. At the heart of tennis strategy is understanding offense, neutral and defense shot selections. The most common cause of unforced errors in competitive tennis is improper shot selection. Often, the location of the incoming ball dictates a player's high percentage shot selection option. For example: Going for a risky offensive shot off a defensive ball is a recipe for disaster. This chart will reveal playing patterns from statistically appropriate shot selection to inappropriate or reckless shot selection.

BASIC UNFORCED ERROR VERSUS WINNER CHART:

This chart documents winners and unforced error from individual strokes. Tallying which stroke commits unforced errors and/or produces a high volume of winners will assist coaches in customizing a game plan aimed at exposing strengths and hiding (or fixing) weaknesses.

[Return to Table of Contents](#)

CHART NOTES

The charts are simply designed using the tally mark system. The tally marks provides easy charting and tabulation. The notched marks, known as tally sticks are typically clustered in groups of five - four straight tally sticks followed by one tally stick marked across the four straight sticks for a count of five.

Photo copy multiple copies of each chart and keep with your tennis match gear for ease of implementation.

Note: An organizational recommendation is to store each chart (in multiples) in a simple accordion style folder for easy reference. Be sure to sub-divide your organizational folder into blank charts and completed charts.

Document the Following Statistics for Each Match:

Date: _____

Time of Day: _____

Opponent: _____

Style of Opponent: _____

Ranking: _____

Court Surface: _____

Event: _____

Elements: _____

Additional Match Notes:

[Return to Table of Contents](#)

FIRST STRIKE WINNING PERCENTAGE

In ground stroke warfare, it's estimated that approximately 80% of the opponent's winners come from their forehand and approximately 20% from their backhand. The First Strike is the very first shot your athlete hits- serve or return of serve. Identifying the winning percentage of the location of your player's serve and return of serve (First Strike) is shot selection awareness. (Examples: Your player serves to the opponent's backhand and wins the point-tally one point into the backhand win column. Your player returns serve to the opponent's forehand and loses the point-tally one point into the forehand loss column.)

CHART NOTES: After each set, tally the percentage of points won with first strikes to the opponent's forehand versus backhand. Simply by starting each point to the opponents weaker side rewards athletes with a dominating court position and a substantial winning percentage.

SET	FOREHAND		BACKHAND	
FIRST	Win	Loss	Win	Loss
First Strike Winning Percentage				
SECOND	Win	Loss	Win	Loss
First Strike Winning Percentage				
THIRD	Win	Loss	Win	Loss
First Strike Winning Percentage				

BETWEEN POINT RITUALS

Critical mental and emotional solutions of the game are found in-between points. The three critical routines are getting over the previous point, planning the next points' patterns/plays and applying a relaxation ritual. Being proactive versus reactive is often the difference between winning and losing.

CHART NOTES: Use tally marks to document between point rituals for each point in the match. (Tally marks are typically clustered in groups of five for legibility and easy tabulation- Four straight tally lines followed by one tally line across the four straight lines for a count of five.)

SET	APPLYING Between Point Rituals	SKIPPING Between Point Rituals
FIRST		
SECOND		
THIRD		

CAUSE OF ERROR CHART

Use your best judgments in deciding the probable cause of the unforced error. Detecting the actual cause of the error is the first step in the correction process.

CHART NOTES: Make a tally mark for each detected error during the match. At the end of the match, total the errors made from each column. The column with greatest number of errors should be the focus of the next training session.

Poor Stroke Production	Poor Shot Selection	Poor Movement and Spacing	Poor Rituals Focus/Emotional Control

COURT POSITIONING MATCH CHART

Use your best judgment identifying what court position option your player selects during match play. Simply tally mark each point in each game as to whether the point was played from “Behind” or “Inside” the baseline.

CHART NOTES: Total the points and calculate the percentages won and lost from behind and inside the baseline. The position with the higher percentage of success should be your players “NEW” preferred court position. Often, the court position most comfortable during match play is not the court position that produces the highest winning percentages.

SET	Points Played “BEHIND” the Baseline		Points Played “INSIDE” the Baseline	
	WON	LOST	WON	LOST
FIRST				
SECOND				
THIRD				

DEPTH OF GROUNDSTROKE CHART

Depth is a critical factor in competitive tennis. Short balls give the opponent more angles to run your player, while reducing the recovery time your player has to get to the ball. Players hitting short are usually early round losers.

CHART NOTES: Use tally marks to indicate the landing location of your player's ground strokes.

SET	GROUND STROKE DEPTH	
	INSIDE THE SERVICE BOX	BEHIND THE SERVICE BOX
FIRST		
SECOND		
THIRD		

ERROR PLACEMENT CHART

It is estimated that 70% of errors fall into the net. Remind your player that tennis is a “lifting” game and the enemy is not the opponent, it is the net. Under stress, which error is most often produced?

CHART NOTES: Use a tally mark to document the location of each of your player’s errors. These include both forced and unforced errors.

SET	NET	LONG	WIDE
FIRST			
SECOND			
THIRD			

LENGTH OF POINT CHART

Controlling matches begin with controlling points. Understanding shot tolerance levels will assist in devising your player's appropriate strategies and tactics. Unfortunately most intermediate players self-destruct before getting 3 balls into play.

CHART NOTES: Record the number of points your player hits 3 balls or less (before the point ends) versus 4 ball or more with a tally mark.

SET	LENGTH OF POINTS	
	3 BALLS OR LESS	4 BALLS OR MORE
FIRST		
SECOND		
THIRD		

MEGA POINT CHART

The outcome in tight matches is often decided by a few tipping points. We refer to game winning points as Mega Points. The player that spots and manages the game winning points comes out on top.

CHART NOTES: Use a tally mark to record every game winning point (Mega Point) and simply note whether the point was won or lost.

SET	CRITICAL GAME POINTS	
	WON	LOST
FIRST		
SECOND		
THIRD		

SHOT SELECTION CHART

Proper shot selection is major difference between winning tennis and losing tennis. Choosing the appropriate shot is a learned behavior.

CHART NOTES: Use a tally mark to indicate the shot selection for each shot in each rally. Total each column and calculate the percentage. (PRO'S usually hit 20% offense, 60% neutral, and 20% defense.)

SET	OFFENSE	NEUTRAL	DEFENSE
FIRST			
SECOND			
THIRD			

BASIC UNFORCED ERRORS VERSUS WINNERS CHART

Opponent: _____

Ranking: _____

Event: _____

Date: _____

Time: _____

Elements: _____

CHART NOTES: Identify the error/winner of each game with tally mark.

GAME ERRORS	1	2	3	4	5	6	7	8	9	10	11	12
Forehand												
Backhand												
Serve												
Volley												
Overhead												
Lob												
GAME WINNERS	1	2	3	4	5	6	7	8	9	10	11	12
Forehand												
Backhand												
Serve												
Volley												
Overhead												
Lob												

[Return to Table of Contents](#)

ABOUT THE AUTHOR



Frank Giampaolo is an award winning coach, popular international speaker, and sports researcher. He is an instructional writer for ITF (International Tennis Federation) Coaching & Sports Science Review, UK Tennis magazine, the USPTA, Tennis Magazine and Tennis View Magazine. Frank is both a USPTA and PTR educator, a Tennis Congress Factuality Member, and has been a featured speaker at the Australian Grand Slam Coaches Convention, the PTR GB Wimbledon Conference, and Wingate Sports Institute (Israel.)

Frank is the bestselling author of Championship Tennis (Human Kinetics Publishing), Raising Athletic Royalty, The Tennis Parent's Bible (volume I & II), Emotional Aptitude In Sports, and The Mental Emotional Workbook Series (How to Attract a College Scholarship, International Player Evaluation, Match Chart Collection, Match Day Preparation and Blunders and Cures). His television appearances include The NBC Today Show, OCN-World Team Tennis, Fox Sports, Tennis Canada and Tennis Australia.

Frank founded The Tennis Parents Workshops in 1998, conducting workshops across the United States, Mexico, Israel, New Zealand, Australia, England, Canada and Spain. Frank's commitment to coaching excellence helped develop approximately 100 National Champions, hundreds of NCAA athletes, numerous NCAA All-Americans and several professional athletes. His innovative approach has made him a worldwide leader in athletic-parental education. Frank is currently the Vice Chair of the USTA/SCTA Coaches Commission.

Contact Frank Giampaolo: FGSA@earthlink.net

CHAMPIONSHIP TENNIS
Industry Quotes

Championship Tennis is a terrific read and learning tool for any and every tennis player."

Paul Annacone, Traveling Coach to ATP No. 1 Roger Federer

"For decades, Frank Giamapolo and I have been focused on finding ways to maximize tennis. *Championship Tennis* shares the best and latest discoveries."

Vic Braden, Legendary Tennis Coach, USTA Midwest Hall of Fame, USPTA Coach of the Year

"I've worked with Jon for many years and he knows his tennis. If you're looking to master every stroke, dominate opponents and up your overall game, Championship Tennis is a must-have."

Chris Evert, Tennis Legend and Winner of 18 Grand Slam Titles

"Championship Tennis is an in-depth resource for improving tennis techniques and match preparation. Frank Giampaolo shows players how to develop their individual games and reach their potential."

Sam Sumyk, Traveling Coach to WTA No. 1 Victoria Azarenka

"Frank is at the forefront of providing aspiring athletes and instructors with the right information for success in tennis. In Championship Tennis, you will benefit greatly from his innovative and practical approach to tennis."

Craig Tiley, Director of Tennis, Tennis Australia; Former Head Coach of NCAA Men's Tennis Championship Team

**THE TENNIS PARENT'S BIBLE:
Industry Quotes**

“The Tennis Parent's Bible is a must read for any competitive tennis family. This book should be on each parent's night stand and in every coach's racket bag. Frank has truly captured what the parent of an aspiring athlete needs to know.”

Craig Tiley, Tournament Director, Australian Open, Director of Tennis, Tennis Australia

“Frank is quickly becoming one of the games most respected and influential teachers. As the coach of a top 5 WTA player, I recommend The Tennis Parent's Bible to anyone serious about developing a champion.”

Sam Sumyk, Coach of Victoria Azarenka # 1 on the WTA World Tour.

“Frank is a skilled lecturer & a top teacher. Now as an author, Frank has written one of the most important developmental books I've seen in my 60 years of teaching. This should be required reading for every inspiring parent, player or coach!”

Vic Braden, The Vic Braden Tennis College

“A world class book written by a world class coach. This is a book that every junior parent needs to read.”

Peter Smith, USC Men's Tennis Coach, Current 3-Time National Champion

CONTACT: Frank Giampaolo

Email: FGSA@earthlink.net

Websites:

www.MaximizingTennisPotential.com

www.RaisingAthleticRoyalty.com

Facebook

<http://facebook.com/tennisbible.giampaolo@gmail.com>

Enjoy the Journey, Frank