

## WORKSHEET IV-4.

### Who's Doing What to Whom?

Most players spend far too much time focusing on their technical stroke skills, and whether they're doing the strokes "correctly." Yes, there are technical aspects of each stroke that if executed well, do raise the odds of it being an effective shot. On the other hand, there are no style points in tennis or pickleball! The beauty of your strokes isn't as important as the EFFECT of your strokes, i.e., what impact they have on your opponents.

This worksheet is meant to help you get better at figuring out what you are doing to your opponents and what they are doing to you, regardless of how pretty or ugly your strokes look. The worksheet can be used in several ways, including the following:

- On changeovers or in-between sets or during time-outs, or in-between games or during time-outs in pickleball, answer these quick questions, and adjust as needed!
- If you video your practice matches, then a few times a set in tennis or a game in pickleball, answer the questions right into the camera to help you see why the match is unfolding the way it is. Review your answers after the match. Just make sure your opponents are okay that you're taking time to do this.
- Watch a teammate's match or a pro or college match on TV or online and fill this out a few times a tennis set or pickleball game to record why the match is unfolding the way it is. This can be a good way to get comfortable and efficient with using the worksheet before using it on your OWN games and matches.

	Me/Us	The Opponent(s)
Who's making the most errors?		
Who's doing the most running?		
Who's doing the most attacking or pressuring?		
Who's most off balance?		
Who's showing negativity, anger, frustration?		
Who's controlling the net?		
Who's controlling the middle of the court?		
Who's keeping the ball in play longer?		

Note: Add or substitute your own key questions that reflect "who's doing what to whom?"