



LEFT-IN SECRETS – Cheat Sheet

Not so secret Secret #1) SERVE: Lefty Wide Serve (Ad Court)

- Push the Boundaries with how wide and short you can hit the serve (three-quarter pace).
- Can you push your opponent into the alley to return the serve?
- Remember the flat serve down the tee once your opponent starts to cover the wide serve to keep them guessing is a great idea at 4 to 1.

Secret #2) SERVE: Slice Body

- Righties are so not use to receiving slice serves from a lefty, therefore, use the slice serve into the body to jam your opponent and create confusion.

Secret #3) RALLY: Backhand – Drop Shot & Slice

- Hit your backhand slice down the line – attempt to slice it so that the second bounce is in the alley.
- Dead Slice – when you opponent comes in, hit a “no pace” ball to make them play a low volley.
- When your opponent is pushed back use the drop shot to challenge forward movement and follow this up with the lob.
- Get really good at trading your regular backhand down the line to the righties backhand.

Secret #4) RALLY: Forehand Cross-court

- Deep rally ball forehand cross-court.
- Forehand three-quarter angle cross-court.
- High and heavy forehand cross-court to the righties backhand and watch them sweat!

Secret #5) DOUBLES: Know your strengths

- Lefties can play either the deuce or the ad court.
- Think like a chess player.
- Know your strengths with regards to who takes the middle ball.
- Return: Forehand cross-court low return on the ad court is a weapon and backhand down the line in the deuce court.
- Lob: Test out your opponents early to see how they handle the lob - use this shot off the return of serve.

Secret #6) Embrace a low % decision if it works

- Allow lefties to have an I.T. (individual talent shot) even if it is low percentage.

Secret #7) Create Competitive Scenarios to Motivate

- Lefties will be super motivated when they are connected to a goal or a challenge.

Secret #7) Court Geometry

- Lefties see the court differently. Talk in angles for us understand how, what, when and the why!

Coaches, Tina Samara (natural lefty) and Emma Doyle have created an online course for lefties only and to help coaches when teaching lefties. Learn more:

<http://www.acecoach.com.au/LEFT-IN>

Coupon Code (Valid until Dec 31st 2021) = \$50 is:

TCLEFTIN202

Tina Samara designed this course after watching Emma Doyle's online tennis instructional videos and picking her up on her language and demonstrations for not addressing and catering for the left-handed player. Together, let's change.



About TINA SAMARA

Tina played both professional tennis and semi-pro golf herself, she understands what is required to become a champion. On the WTA tour, she reached a career-high ranking of 223 in doubles and played in the US Open Singles in 1994 and 1995. During her US College playing days, she won three NCAA National Team Championships and was the #1 ranked NCAA doubles team for the University of Georgia in 1995.

Following her sporting achievements, Tina went on to coach Division 1 women's college tennis for 11 years and was known for her practical, empathic and direct approach to the holistic development of both the person and the athletes. Tina privately coaches and mentors many teenage athletes to help them transition from high school into college by pursuing their sporting goals and dreams.

She is the owner and founder of Transition Coach 4 Athletes. This service helps student-athletes navigate the often challenging world of balancing study and maximizing sports performance as well as helping find US College Scholarships. She can be reached via tina@transitioncoach4athletes.com

About EMMA DOYLE

Emma Doyle is a Mindset and Empowerment Coach helping you turn your motivation into activation. She travels around the world as a keynote speaker and lives between Denver, Melbourne and Glasgow. Emma is a Tennis Australia high-performance coach with a strong background as a tennis touring professional having represented her native country of Australia over 20 times.

She is passionate about helping individuals adopt high performing mindset skills and practical coaching principles allowing them to stretch their comfort zone. She is a TEDx speaker (Unleashing Female Potential) and Emma is on a mission to create a world of gender equity through female empowerment. She is the founder of ACE Coach (www.acecoach.com.au) - providing online coach education for coaches, players and parents.

Check out her new book which is coming soon called:

WHATMAKESAGREATCOACH.COM

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