



TACTICAL & MENTAL PLAN

October 22, 2025

Prepared By.

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Presented To.

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Priorities

1- Importance of Keeping a balance between winners / forcing shots - Unforced errors

2-Mid and Long term success with mental discipline and awarenesses of playing the correct shot with the right idea even if you don't execute or win the point NOW (- +)

3- Understanding the efficiency of your opponent's game and how he sets up his winning shots.

4- What are your weaknesses and your opponents strengths and viceversa.

5- Develop the consistency to build the point with the foundation of a 5 shot rally

6- Playing with Depth

7- Increasing winners and forcing shots with (forehands, attacking 2nd returns, angles, high and drive, short ball put away, finishing at the net with aggression, 1st serve + forehand, backhand down the line)



Correcting Alberto's weaknesses

1- Backhand weakness

1.1- Technical easy corrections

1.2- Backhand Return technique, footwork and positioning

1.3- Backhand Movement with defense and options

1.4- Wide fast Backhand

1.5- High and Deep Backhand

1.6- Backhand defending after your weak 2nd serves

2- Double faults.

3- Returning forehand with positioning and steps

