



TECHNICAL REPORT

July, 2025

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Presented To.

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A- Mental

1- Management of mistakes stages for correction:

- 1.1 Turn around
- 1.2 Looking at strings
- 1.3 call the mistake
- 1.4 call the correction
- 1.5 Execute the physical correction
- 1.6 “corrected” physically or mentally

2-Visualization before serving stages

- 2.1 Call the direction of serve
- 2.2 Close eyes, Breath, and see it mentally
- 2.3 open eyes Breath, and see it physically
- 2.4 execute it
- 2.5 Repeat process when not desired result - Breathing



B- ALL COURT FOREHANDS

- 1- From the middle
- 2- From the Ad side
- 3- High BH cc to set FH around
- 4- High FH DL to run around next shot

C-TACTICAL PATTERNS

1- with FOREHAND

Forehand 1 + 1 from middle
Forehand CC + DL
Forehand IO + II
Forehand CC + IO

2- with SERVE

- 2.1 Deuce Wide serve + FH DL and or FH IO
- 2.2 Deuce T + FH 1 & 1
- 2.3 AD Wide serve + FH II and or FH CC
- 2.4 AD T + FH 1 & 1

3- with RETURN

- 3.1 1st return to the middle deep + next shot FH to open corner
- 3.2 2nd return with Forehand to the corners
- 3.3 2nd return with Forehand patterns

NEXT:

Forehand angles + Patterns:
with FH CC
with FH IO

High and drive patterns



