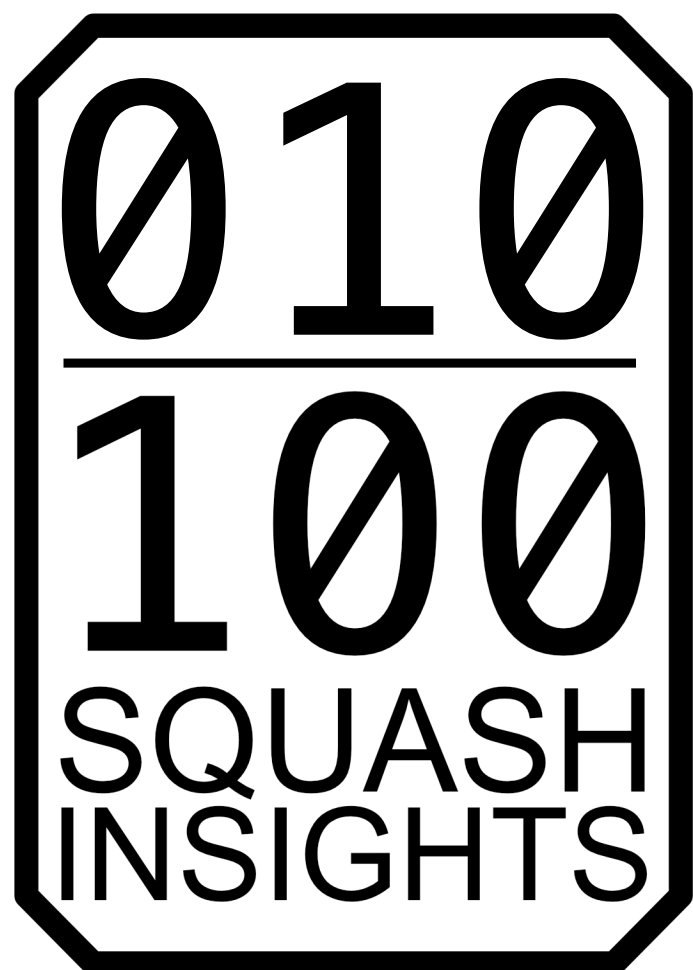




## Highlight

Anticipating is not guessing.

It's watching your opponent and learning about their shot selection, and then combining that knowledge into movement.

## Explanation

Learning, and teaching, anticipating can be difficult. Some of the cues and clues that help you anticipate happen so subtly and quickly that identifying and quantifying them takes time, and maybe some luck.

Begin to pay more attention to your opponent's position and contact point – those main ideas define the shot selection most of the time.

## On Court

When you are watching a match, forget following the ball, focus on one player and see if you can anticipate what shots they are going to play when they are at the front.

When you are playing put some of your attention to your opponent's swing when they are at the front. What have you noticed? Write it down and now you have the beginning of a play database, where each page has simple notes about one player.