



ART OF DECEPTION

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DECEPTION/HOLD/DELAY/TAXI

WHY?

- Win the rally outright (Taxi)
- Frustrate your opponent
- Physically hard work
- Unsettle movement
- Create Space on the court
- Create Options

WHEN?

- In front of your opponent
- **ANYWHERE!!!**



KEY COACHING POINTS TO REMEMBER

- Quick onto the ball
- Good early racket preparation (3/4 position)
- Good body position
- Ability to hit all parts of the court
- Generate good racket head speed
- Do not let the ball go behind you







EXAMPLES OF EXCELLENT RACKET AND BODY POSITION

- James Willstrop is almost in identical positions on all 3 pictures
- Great $\frac{3}{4}$ racket position
- Excellent body position
- Shows the threat to his opponent that he can hit 3-4 shots from that position
- Both Tesni and Raneem in identical positions
- Again, the key is that both players are showing to their opponent they can hit numerous shots from that position









Examples of when not to try to attempt to play a hold or deceptive shot

- Tesni racket position is closed so very unlikely and will be extremely difficult to play a drop
- Miguel as shown is not exactly in the best position!!!!!!!!!!!!!!

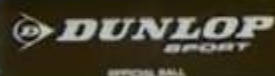


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CONCLUSION

- Essential to have good $\frac{3}{4}$ racket preparation
- Essential to have good body position
- Get onto the ball quickly
- Ability to show opponent that you can hit all parts of the court from the same position
- As you hold the ball you must generate fast racket head speed through the ball
- REMEMBER!! You must play a drop at some point as your opponent will just get used to you holding the ball but then hitting deep all the time