



The Sivertson 12

With Brent Abel

12 Nuggets From The Mind Of Multi Gold Ball Winner & Expert Coach **Dave Sivertson**

Brent Abel - WebTennis.com



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#1

“Early preparation, using early first step, and set the shoulders, not the wrist (wrist is used for emergencies: Expectation - when using the wrist you will produce short balls that set up high for your opponent.) Using large muscle groups will give you a longer hitting zone and much more control.”



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#2

“Increase the % of balls you contact between the waist and chest. By stepping up to the ball and straightening your ball line so that the net does not come into play, you will maximize that amount of time you take away from your opponent and it will keep the ball deep. This allows you to shoot to larger targets & puts opponents in neutral or defensive positions without taking a risk. Results will include confidence goes up and errors will go down.”



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#3

“The firmer you hit a ball and the more time you take away, the more it lowers the effectiveness of an opponent’s execution of neutral or offensive shots.”



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#4

“Learn how to play offensive tennis without taking a risk. The more you mirror your opponent’s shots and wait for the clear opportunity, the more dominant you become.”



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#5

“Success comes through not beating your opponent but becoming more in tune with your own game and what you are capable of.”



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#6

“Define mental toughness and combine it with patience. Patience does not mean hitting the ball easy. It does mean playing within yourself and feeling comfortable with your shot selection. Always accelerate. There are different degrees of acceleration.”



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#7

“There is a right shot to hit in every situation. Do you know the shot that is called for from the beginning of a point to the end? In almost every case, shots are played in combinations. One shot will connect to another shot.”



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#8

“Reduce the total number of shots you must learn and play. Contact point, amount of spin, ball line, pace, and target (margin of error).”



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#9

“You don’t have to win all of the points, only 6 of 10. You do have to play a high % of points well. Most of those will come from letting your opponent make the errors.”



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#10

“Win the points you deserve. Never go from being ahead in a point to losing the point in one shot.”



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#11

“Never let emotions run too high or too low. Focus on how you will approach the next point and know that you played the right combination of shots on the last point. Repetition produces habits.”



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#12

“Tennis success is a lot like golf. Solid contact, great balance, and long hitting zones / follow throughs. Combine with shot and court selection / management. All done with confidence, courage, and commitment.”



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BONUS

“Take the sideline out of your shot choice. Instead, play it 3-4 feet inside the sideline. If you’re a little late at contact, you’re still safely inside that sideline.”



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Let's 'Keep The Lights On' ;-)

If you feel this complimentary list of 12 nuggets will be helpful for your game, please consider helping me with the expenses of producing the daily content I create that comes at no cost to you.

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Many thanks in advance.

Brent

brent@webtennis.com