



# Fatso Tennis



## Top Ten Ways to Run Your Opponent

By Extra Large Tennis Player Tom Antion

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At the time that I'm writing this I weigh 322 pounds. No, I'm not proud of that, but it is what it is and I still want to play tennis and I want to win. This report is part of what I do to beat people that are technically better than me, lighter, faster and younger.

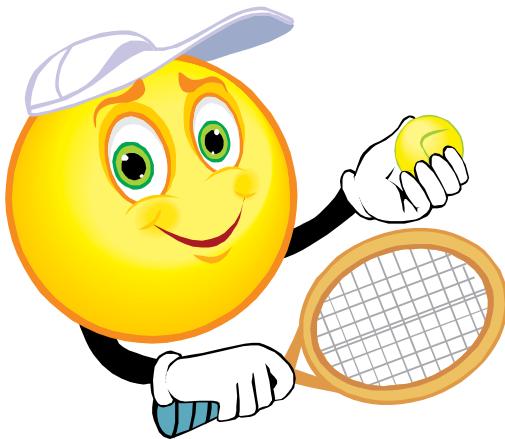
These techniques are in no particular order: Go ahead and read them. I'm going to order a pizza ☺



**1. Serve out wide** - This works both on the deuce and ad sides of the court. I practice this by putting a rope from the bottom of the net strap on a diagonal to the corner of the service box. I then try to hit serves that land on the left side of the rope in the deuce court and the right side of the rope on the ad court. You don't necessarily have to hit hard to really run your opponent out of position.



On the deuce side any serve to the left of the rope will pull your opponent way off the court.



**2. Drop Shot** - When your opponent is deep in his back court most coaches will tell you to hit a shot that just clears the net and bounces three times before getting to the service line. For super high levels of play against extremely competent and in shape

opponents, I totally agree with this. However, for most people you and I probably play just barely clearing the net is a bad idea.

Hitting too close to the net is a low percentage shot. The other thing bad about this is that your opponent probably won't even try to go after the shot which defeats the purpose of trying to run him/her to death. So, hit your drop shots much deeper into the service box so that A. you'll hit way more of them in, and B. your opponent will at least try to get to them.

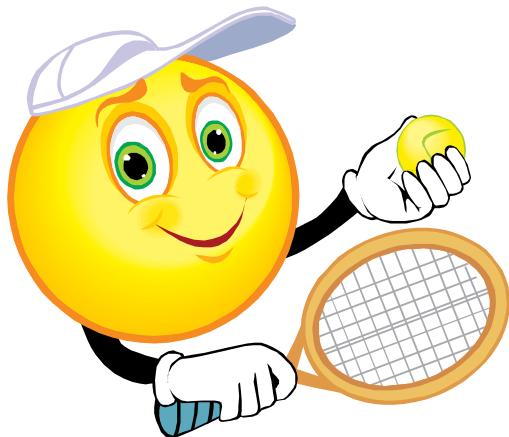


**3. Hit short and long and side to side** - Varying your shots so that you purposely make your opponent run all over the place is a great way to tire them out fast.

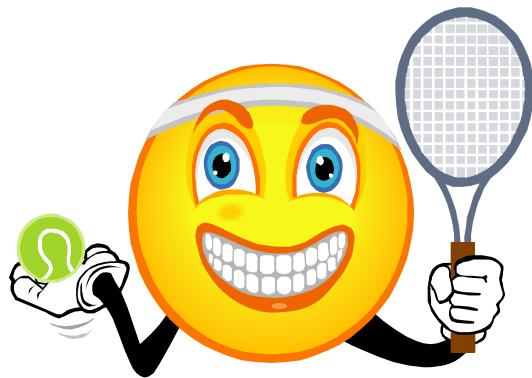
This doesn't mean you try to paint the lines every shot you take. Just hit where they have to move in the opposite direction to return your ball. Even if they have to go only a few steps it's more tiring than if they can just stand in one place and rally with you.

This doesn't mean that you hit a cross court shot and then a down the line just to run your opponent (you could do this as long as you consciously know that you have to recover further to be ready for their return shot when you hit down the line).

It means that even when hitting a cross court forehand, you could hit it sharp to the corner or just to the left of the center mark or anywhere in between. Just make them move to hit your shot.



**4. Lob** - Nothing tires out people more than having to get into position and hit overheads. Even if I hit a lob that lands short, my opponent has to run like crazy to get to it, get ready to hit an overhead and execute the shot. This burns lots of energy. Do this quite a bit early in the match. Even if they kill you on some short lobs, they probably don't realize that you are tiring them out.



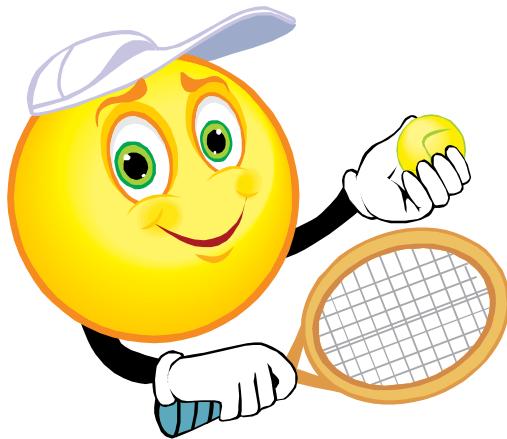
**5. Use Kill Patterns** - These are patterns of play that take numbers 2, 3 and 4 above and combine them for devastating results.

**Pattern 1. Hit drop shot and lob combinations.** This makes the other person sprint to get the drop shot and most likely give you a weak return that you immediately lob over their head to make them sprint the other direction. You have just made them do two super high energy sapping sprints while you basically waltz to the net.

**Pattern 2. Hit a three ball sequence.** Hit deep to one corner. Then hit short to the other side of the court. Then lob back to the first side of the court.

Then reverse the pattern and hit deep to the other side of the court, hit short to the opposite side and then hit a lob back to the first side of the court.

**NOTE: Be ready to call 911 because your opponent just might have a heart attack if you get good at this pattern.**



**6. Bait your opponent into hitting down the line and then run them off the court wide the other direction.** - If you study court geometry, you will note that hitting the ball from the back court "down the line" is risky for several reasons.

**A.** The net is higher, **B.** The court is shorter, **C.** you have to recover much further to be in a good position to return your opponents shot.

If your opponent has not bothered to study tennis as much as you, they may be clueless about the inherent problems of hitting down the line. To use this tip, you want to give your opponent lots of open court to the down the line side to bait them into hitting there. You can anticipate they will try to hit to the wide open spaces you have given them so you can take off early to cover the shot. When you get there, hit a wide cross court shot to run them way off the court.



**7. Attack one direction over and over until they start to cheat and then hit the other way.** - In the warm up or certainly in the first few games you should be paying enough attention to your opponent to notice any weaknesses they have.

Attack those weaknesses every single time you can. Anyone with half a brain will start cheating in the direction you've been attacking. That's when you pounce and hit wide to the opposite direction. In some cases you won't actually make them run too far because as they start to run, you hit behind them. This is called "wrong footing". Other times you will make them use lots of energy because they have cheated the wrong way which is distance they have to run to make up when you hit the opposite direction.



**8. Make them pick up the ball whenever possible.** - This tip involves just a little bit of "gamesmanship", but it's certainly not over the top or cheating in any way. The idea is to hit the ball back if it's out, but very close to being in. This way your opponent has to burn energy chasing down the ball.

You must be careful to clearly call the ball out while you are swinging. If you don't call the ball out and then you hit the ball out and THEN claim his shot was out, your opponent may accuse you of cheating.



If the ball is just out, hit it anyway and let your opponent burn energy picking up the ball.



**9. Hit just far enough out of their reach to make them run, but not far enough to make them give up immediately.** - This tip holds a very special place in my heart because one of my coaches did this to me to prove a point.

He was encouraging me to get in better shape. So, as we were playing practice points he hit the ball so that I had to run for it, but not so far away from me that it would be a winner. I hustled over and hit the ball back. He then hit the ball to the other side of the court just far enough out of my reach so I had to run for it, but again, not far enough that I would give up on it as a winner. By the third time I was sucking air so bad, I was ready to collapse.

I don't remember who won this point. It really didn't matter. For the next three points my coach played at virtually half speed.....almost zero intensity . . . but he won all the next three points anyway.

His "point" for me was that if you run the heck out of your opponent on a particular point, instead of going for a low percentage winner, the points right after should be really easy to win.

Do this a couple times and you've won the game easily. Do this for a couple games and you'll probably win the set easily. Do this for most of a set and you'll probably win the match easily.

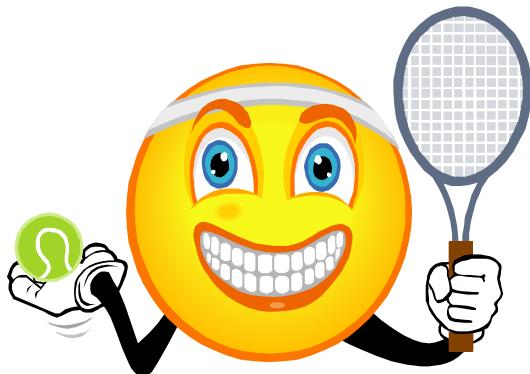


**10. Hit cross court or down the line on serve returns.** - When a person serves, balance wise, they are in a slightly precarious position for the split second after they serve. If you can return briskly down the line or cross court the server has to recover from

the service motion and get to the side of the court in a hurry. Not only are you forcing them to run, but you are forcing them to hit on the run which is difficult for many players.

**Bonus:**

At <http://www.FatsoTennis.com> we always give more than you expect, so here is a bonus way to run your opponent.



**11. Hit short cross court ground strokes.** - If you see that your opponent is on or behind the baseline, hit a short, sharp angle crosscourt shot. It doesn't even have to be hit that hard to run them WAY off the court.

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