

**FREE
REPORT**

How to



Beat a Pusher



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How to Beat a Pusher

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Either you know exactly what I mean by the word pusher, or you have no idea what a pusher is. If you don't know what pushers/hackers/dinkers are, then this report will hopefully prepare you mentally for what will happen sometime in your tennis future.

And if you know exactly what pushers can do to you (mentally and physically :)), then this report will show you ways of overcoming your mental barriers when playing them. It will also show you tactics you can use to crack their defensive game.

When you play this type of player, he is actually asking you two questions and making one statement. Not with words but with his style of play. They are...

"Can you make 4 points in one game before you make 4 mistakes in one game?"

AND

"Can you win more points than you lose (against my style of play)?"

BECAUSE

"I will not make points and I will not make mistakes."

This is what you are up against. Now, the first and the biggest trap that you can fall into is thinking that pushers don't know how to play, because their strokes don't look nice and their shots seem nothing special. You can immediately see that they lack good technique and that they won't hurt you with powerful winners.

They have been playing for a while like this, and they are masters of touch. You can hit with various speeds, spins and angles, but they can adapt to every shot and put the ball within three feet of the baseline. You are back to square one.

This is an incredible ability. Try it yourself. Have a friend work you around and try to place your shots in the last three feet of the court. You'll see that your shots start landing inside the service line and you are in trouble. Pushers can play long balls with solid consistency for hours. (I had to say this — to prepare you realistically :))

They also know exactly how to defend. They are not good attackers, but they are master defensive strategists. They know how much to lift the ball so that it travels a long time, allowing them time to get back to the center. Yet they don't hit their shots too high so that you could advance and volley the ball.

They have an A+ in tennis geometry and usually defend with deep crosscourt shots or centered shots to deny you good angles. They can also play short, low shots to make you play out of your comfort zone. You either overhit or come to the net with a poor approach.

Most pushers will lob you, because they are not good at passing shots. Oh, and their lobs usually land in the last three feet of the court. Just had to mention that. :)

There are also master pushers who never pass you with a super fast booming shot. No, they demonstrate their touch again, with better short crosscourt passing shots than Roger on a good day.

And if you happen to reach the ball and volley it, they already know where you're going with your shot and calmly pass you on the second try.

Why You MUST NOT Underestimate A Pusher

Their next quality is that they know exactly what they are capable of.

They will NOT — I repeat NOT — try to play beyond their abilities.

They have a mortal enemy, which they hate from the bottom of their heart. His name is Mr. Unforced Error.

They don't want to see him no matter what. You can blast 100 winners by their ears and they will not change their game to force their strokes beyond their limitations.

They live in a different reality than you do. In their reality, their opponents hit good shots when it's not so important and make stupid mistakes when it matters most.

So their goal is to make it to the point of the match when it matters most. They just stick with their game, and their opponents hand them the match by missing important points.

They have seen this scenario so many times that you have no chance of convincing them that you can blast winners past them all the time, that you will hit winners at 5:5 in a tie-break. You will break down: that's their reality.

Hopefully you now understand that, under no circumstances, must you underestimate a pusher.

Here is another trap you fall into when you underestimate pushers. You forget about the game. Tennis is challenging even without a tough opponent.

You start thinking only about hitting good shots consistently and producing more winners than errors. Unfortunately, you are trying to do this while playing someone who's nick name is "The Backboard."

If you underestimate your opponent, you don't give your best effort. You aren't fully focused. You don't put enough effort into movement, and your intensity isn't high enough.

Combine this with the challenge of hitting a tennis ball only six centimeters in diameter moving at 40 kilometers per hour while you too are moving and your racquet is changing its orientation every 1/100 of a second as you swing at that ball.

If want to hit good, fast and precise shots, then your body and brain must function at between 99.78% and 100% of their capability. :) And if you underestimate, then you put forth maybe 70–80% of your maximum effort.

In this state tennis becomes 200% more difficult. The problem isn't your opponent. It's trying to hit a moving tennis ball while moving with a moving racquet. This is too difficult for a human body and brain to perform unless totally involved in it.

So you actually lose the contest against tennis' demands, not against your opponent.

Combine Trap Number 2 and with Trap Number 1, and it's no wonder why you lose. You have no chance to beat both the tennis game and your dogged opponent with but 80% of your effort.

Hopefully you are now convinced to put everything you have in this match.

Planning Your Strategies Against Pushers

Disclaimer

Remember, there are NO SHORTCUTS. Unless you are two levels better than the pusher and can outplay him with your better shots and your tactical knowledge, you will have to work really hard. For a long time. But, it can be done.

Okay, now that we have cleared that up, let's start preparing a cunning plan of how to beat a pusher!

Let's see what pushers like most, and then you will know how to avoid that.

They like good pace on your shots so that they can use your power to return the ball with. Though they are ready to run for as long as they must, they would rather move less. This means that hitting them long shots with no angle is nirvana for them.

When you are frustrated by getting every ball back with no opportunities to attack, you start forcing your play and make tons of unforced errors. This is what they are playing for.

There is one big weakness in the typical pusher's game. Most have no Plan B. (Only a few pushers lack this weakness, and they are the baddest pushers you can play.) This means that if you find a way to get through their defensive wall, they won't know what else to do.

That is the biggest victory you can achieve. Because that's what can break them down. Yes, even pushers do break down. But you must work smart and long to achieve that.

When you start playing a pusher, imagine that you are trying to cut down a sequoia. :)

That's the mental attitude you need to be successful against a pusher.

GENERAL STRATEGIES OF WINNING TENNIS AGAINST A PUSHER

1. Get to The Net

Pushers, of course, "push" the ball, which means that their ball has no pace. If you have solid volley and overhead skills, then your best tactic is to try to get to the net. There you have the best chance of finishing the points and keeping the pusher under constant pressure.

The pusher knows that his shots are usually not fast enough to pass you, so his main tactic is to lob or to make you play a low volley that tests your volleying skills. So be ready to back up as soon as the pusher hits the ball up. If you get a volley, play the ball firmly into the open court and close in on the net.

Serve-and-volley on your serve, trying to mix spins, placements and speeds. Your main objective in serving is unpredictably, not speed.

When you volley the service return, be ready to play more volleys. Pushers rarely miss — they actually prefer to see you hit the ball in, because then they get to hit another shot. Hence, they will test you — be ready.

Attack their second serves with a chip-and-charge. Open up the court immediately, and if they lift the ball to buy time for recovering, advance and intercept it for a volley.

2. Work Them Like a Yo-Yo (Short Angled Shorts)

If your net skills are not so good, you'd better prepare for a long afternoon. You can still beat a pusher, but it will take considerably longer (unless of course you are so good that you blow him off the court.

But there are pushers at all levels, even on ATP tour. So it doesn't matter how good you are, you can always meet a pusher at your level. Therefore, keep reading....)

Before we go into specifics, I hope you are familiar with how Andre Agassi plays. His net skills are not so great, but he knows exactly how to play counter-punchers — pushers so to speak. He works them around like a yo-yo.

When he was younger and inexperienced, he often lost to them because he was not patient enough and made too many unforced errors. But he learned his lessons and is a living nightmare of every pusher on the ATP.

Remember the sequoia analogy? Even if you are Andre Agassi — and you are NOT — you need to be patient. Respect the pusher and his excellent abilities to defend. You can win the match, but you have to put in the effort.

The best tactic with pushers is to play as many short, sharply angled crosscourt shots as you can. If you just hit hard with no angle, you'll get every ball back to the baseline. But if you open up the court with a short crosscourt shot, the pusher has to run much farther to reach your next shot into the open court.

Since pushers cannot hit really hard, they usually can't hurt you from that short crosscourt shot. So, enjoy making them run. That should be your main objective. Not winning a point with an outright winner. When you get a really good opportunity — a very short ball — then hitting a winner becomes your objective.

So keep your opponent running, and try to open up the court starting with your serve. I've seen many of Andre Agassi's matches with a pusher where the score was something like 7:5, 6:3, 6:1. It took Andre quite a while to start opening cracks in the pusher's defense. But once the pusher was in trouble, Andre just kept making him run and run some more.

3. Bring ,Em In! (They Hate The Net)

Pushers are emotionally :) attached to the baseline — or, better said, to the area up to two meters behind the baseline. Get them out of there! Get them into their uncomfortable zone — midcourt or even better — make them play at the net.

You can achieve this with drop-shots, drop-volleys, and low and short balls. But always be honest with yourself about whether your skills are good enough to pull off these shots with good percentage.

If your drop-shot is reliable enough, you can drop-shot the pusher's second serve. Pushers are so used to being under attack that they immediately hop backward at the end of their serve. Since their weight is moving backward, if you hit a solid drop-shot, it will be very difficult for them to reach it.

Once you have a pusher at the net, don't panic. Know that pushers feel uncomfortable there. They are insecure about their volley and overhead skills, so you can calmly choose your passing shot or lob and execute.

Even if they win some points at the net you still need to see the big the picture: they don't like playing there and you have more chances of winning the point than they do.

4. Take Their Time Away

When you are playing with them from the baseline, work them around. If you just keep the ball down the center and deep, you are playing their game, and they can do it better.

So you must look for openings in their defense, and you must make them run left and right.

One way of making their defense more difficult is to take the ball earlier and thus shorten their recovery time. Since their shots are slow, you can take their ball at top of the bounce or even on the rise.

Don't aim for too much though. Just keep them running, and take away their recovery time. A tenth of a second here and a tenth of second there adds up. After five or six shots they'll be in much more in trouble than if you give them more time by waiting to hit the ball on the descent of its bounce.

5. Stick to Your Natural Rhythm and Pace / Tempo

Do not fall into their rhythm! The pusher is used to his slow shots while you are probably not. If you start pushing the ball yourself, you will lose your natural stroke rhythm. And it is very difficult to find it again.

So find your preferred and natural speed of shots and stay with it. You must also be careful not to overhit in frustration and impatience. That is the pusher's main way of winning points. If you take that away from him, he may become impatient, too.

6. Focus on Precision and Placement Rather Than Power

Make pushers run, open up the court, try to get to the net, give them short, low balls — these are all tactics that emphasize placement rather than speed.

Pace actually helps pushers play well, because their swing is slow. But they can use the energy of your hard shots to return them harder. If you deny them that energy/pace, they may have trouble keeping good depth on their shots.

7. Wrongfoot Them

Most pushers are very quick around the court, but you can actually use that to your advantage. How? By playing behind them, wrongfooting them.

8. Keep It Simple

Figure out what works and what doesn't work against a pusher. Then just stick with your winning strategy. We tend to complicate things, and that is really a bad idea against pushers. Their game is simple, and it defeats complex and inconsistent tennis.

Just a few tips regarding your skill level:

If you are two levels better than the pusher and usually win, but you don't want to play for so long or you become frustrated during the match:

- Stay focused: Don't let your intensity drop after you get a good lead. Pushers are relentless, and you need to be relentless too. If you get them down, keep them down.
- Placement mixed with the right amount of power + patience = very disappointed pusher :)
- If your strokes are better than pusher's but you frequently lose to them:
 - You are probably underestimating the pusher and thinking that better tennis strokes win matches. No, when players of similar ability play, superior tactics and mental toughness win.
 - Before the match, prepare mentally for a long, tough duel. Apply the tips from this report, and you'll be surprised how effective your strokes can be when based on smart tactics

- If your strokes are about equal to the pusher's:

The only way to win is to push the ball back longer than the pusher does. You can't blow the pusher off the court, and he or she can't blow you off the court. This is a match I don't want to watch, because I haven't that much time. :)

So, all the best to you, and start looking to book some lessons with a pro and research the Internet for its wealth of information on tennis technique and tactics. Good luck!

Hopefully you've enjoyed the pusher's journey as much as I did. Just some thoughts about me and my ideas: I lost to pushers many times before I learned my lessons. They've taught me a lot, and sometimes I use their tactic for a point or two in my matches just to test my opponent and to see how they react to certain type of play.

I respect pushers tremendously, and even though my strokes are usually better, I give my 100% for every match that I play against one.

Tennis is not about strokes, it's about strategy and mental toughness. And this is the best challenge you can get — playing a dreaded "pusher."



Good luck with your tennis adventures!

Tomaz Mencinger

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P.S. The free report you just read is a part of the [Tennis Strategy Encyclopedia](#), a complete guide that shows you:

- How to find weak spots against all types of players: aggressive baseliner, counter-puncher, serve & volley player and all-court player
- 6 general tennis strategies and how to apply them to 5 main playing situations (this gives you 30 tactics to outplay your opponents)
- Statistical analysis of Federer – Agassi 2005 US Open Final
- They played 65% of basic tennis tactics, 19% of advanced tactics and only 17% of expert tactics)
- Learn what these tactics are and when is the best time to use them

„Hi Tomaz, I read your ebook on Tennis Strategy with great interest. I have played for 26 years on various teams and also in small local tournaments. I have read many different books on the subject but have never encountered something as complete as this.

Particularly, valuable is how you give readers specific summaries of what to do in certain situations. There were many eye-opening strategies that I had never ever heard about.

Most impressive was your analysis of professional tennis matches in which you trace out exactly how even the very best players rely on basic strategies to win points. I even went to youtube and verified it for myself. Your analysis was right on the mark.

I also want to point out that your willingness to answer emails directly makes this offer cheaper than anything on the market. I highly recommend this book to anyone who wants to learn about the X's and O's of tennis.

One last thing, I implemented many of these strategies on the court with great success!

Sincerely,

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