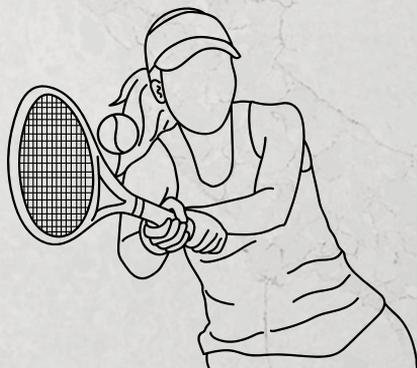


BY COACH AL PÉREZ

THE TENNIS STARTER KIT



FOUNDATIONS FOR ADULT PLAYERS WHO WANT
CLEANER TECHNIQUE, BETTER RALLIES, AND REAL
PROGRESS

A NOTE FROM COACH AL

Tennis has been one of the greatest teachers in my life.

It taught me discipline, balance, patience — and how to face every challenge with clarity.

I created this Starter Kit for adult players who want to improve their game without feeling overwhelmed.

My goal is simple: **make tennis easier to understand, easier to execute, and easier to enjoy.**

Inside this guide, you'll find the exact fundamentals I teach in real sessions — the same tools that help players build confidence, cleaner technique, and better rallies.

Whether you're returning to tennis or starting fresh, this is your foundation.

Welcome to The Tennis Mate.

— Coach AL Pérez

TheTennisMate.com.au



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1. EQUIPMENT — WHAT YOU ACTUALLY NEED

Keep It Simple. Focus on what actually matters.

Racket (285–305g)

Light enough for control, heavy enough for stability. A balanced racket helps adult players develop proper technique faster.

3 New Tennis Balls

Old balls bounce lower and slower, making timing much harder. Always start sessions with fresh balls.

Tennis Shoes

Running shoes increase the risk of ankle and knee injuries. Tennis shoes provide stability for side-to-side movement.

Water Bottle + Small Towel

Recovery and hydration support better consistency and longer rallies.

2. CHOOSING THE RIGHT RACKET

A quick guide to choosing a racket that helps you improve faster.

Weight (285–305g)

Ideal range for adult players.

Light enough for control, heavy enough for stability.
Helps you develop proper technique without strain.

Grip Size

Your index finger should fit between the handle and your palm. If it's too small, → more wrist stress.

If it's too big → loss of control.

Head Size (98–100 sq in)

This range gives the best balance between forgiveness and precision. Perfect for developing reliable contact points.

String Pattern

16x19 → more spin, easier depth, more “liftoff.”

18x20 → more control, flatter trajectory, stability for fast hitters.

3. THE 3 FUNDAMENTALS MOST ADULTS SKIP

These three fundamentals instantly make your tennis cleaner and more consistent.



1. Contact Point

Most adult players hit the ball too close to the body, causing:

- loss of power
- poor control
- inconsistent direction
- late contact (the #1 cause of errors)

The ideal contact point is OUT IN FRONT, around hip-to-chest height.

This single fix improves timing instantly.



2. Footwork Timing

Players often split-step too late, making everything feel rushed and reactive.

Correct timing:

Split-step as your opponent hits the ball, not after.

This gives you:

- time
 - balance
 - better preparation
 - more controlled strokes
-

3. Racket Preparation

Most beginners and adults start their swing too late, forcing them to hit behind the body.

Correct preparation:

Turn the shoulders and bring the racket back as soon as you recognize the incoming ball.

This creates:

- earlier contact
 - smoother swings
 - cleaner ball-striking
-

4. THE IDEAL CONTACT POINT EXPLAINED

Cleaner shots start with proper spacing.

 Most adult players hit the ball too close to the body.

This creates:

- loss of power
- late timing
- poor control
- inconsistent direction

 The ideal contact point is OUT IN FRONT, around hip-to-chest height.

This single fix improves:

- timing
- balance
- consistency
- ability to generate topspin
- cleaner, more effortless strokes

 How to feel it instantly:

- extend the hitting arm slightly away from the body
- imagine “catching” the ball out in front
- let the ball drop into your ideal strike zone

If your contact point improves, everything improves.

5. FOOTWORK BASICS

Better movement = better tennis.
Everything starts with your feet.

1. Split-Step Timing

Most adult players split-step too late.

Correct timing: split-step as your opponent hits the ball, not after.

This gives you:

- quicker reactions
- better balance
- cleaner preparation
- more controlled shots

2. First Step Direction

Your first movement should always be toward the ball, not straight back.

This improves spacing and prevents rushed swings.

- step toward the bounce
- keep chest facing the ball
- avoid backing away too early

3. Small Adjustment Steps

Big players often use big steps, but advanced players use rapid micro-steps before contact.

This helps:

- perfect spacing
 - cleaner timing
 - smoother swings
-

6. YOUR NEXT STEP: IMPROVE FASTER

Small, consistent corrections make the biggest difference.

Now that you understand the fundamentals, your next step is simple:

apply one improvement at a time.

Most adult players try to fix everything at once — but real progress comes from focusing on ONE key change per session.

Here's the framework I give to my real students:

1. Pick ONE priority

Choose just one: contact point, footwork timing, or spacing. Work on it for the entire session.

2. Slow the ball down

Use controlled rallies or a ball machine.

Consistency improves when the ball is manageable.

3. Film 10 seconds

A small clip tells you more than a full match.

Look for: spacing, timing, racket preparation, and body balance.

4. Repeat it next session

Improvement sticks when you repeat it before adding something new.

THE BIGGEST LEAP FOR ADULT PLAYERS

**The fastest way to improve is getting
objective feedback – not guessing.**

Want help applying these fundamentals?

I offer a simple, affordable Forehand Video Analysis where I
break down your technique and give you a personalized
plan.

You can get it here:

TheTennisMate.com.au

THANK YOU FOR READING

The fastest way to improve is getting objective feedback — not guessing.

Improving your tennis as an adult isn't easy —
but it's one of the most rewarding journeys you can take.

If this guide helped you understand the game more clearly,
then you're already ahead of most players.

My mission with The Tennis Mate is simple:
make tennis easier to understand, easier to execute,
and more enjoyable for everyday players.

If you ever need help with your technique, want feedback,
or just want a clearer path forward, I'm here.

— Coach AL Pérez
TheTennisMate.com.au
