

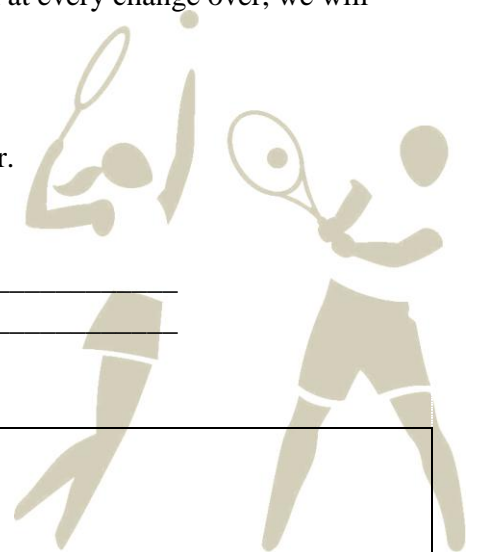
Communication in Doubles: The Game Plan

First rule in doubles: You win together and you lose together!

Communication with your partner begins off the court. You need a game plan that you created together.

Check list (feel free to add any items you think will help you be a more united team!):

- Create a game plan for the match including strengths and weaknesses of yourselves and your opponents.
 - Discuss any strategies for the upcoming match, including style of play.
- Decide which side of the court each of you is going to play.
- Decide who is serving first and whether you will choose to serve or receive.
- Talk about what you will do if the other side makes continually bad line calls.
- Discuss how you can support each other throughout the match.
 - Including high pressure situations, unforced errors, and distractions.
 - Discuss how you want your partner to talk to you (e.g., encouraging – “You’ll get it next time!”; directive – “they are killing us down the line, set up a step closer”)
- Share your mantra or phrase with your partner so they can help you remember to use it
- Create a goal for the game and not just to win! (e.g., we will check in at every change over, we will follow our game plan, we will be aggressive at the net)
 - Remember that goals are flexible
- Show a united front the moment you step on the court
 - Sit together, change sides together, and make decisions together.
 - Don’t leave your partner alone!
 - Do not let the other team see you arguing or indecisive.
- _____
- _____



Create your game plan for different situations:

Before the match	
Between points	
During changeovers	
When winning	
When losing	