

1. Have 15 minutes of fitness and stretching before play.
2. Start with mini court to get comfortable.
3. If you are a beginner then use soft balls for your practice.
4. Non marking shoes is must for the tennis court and for your feet as well.
5. Its always better to use a graphite tennis racquet then a metal racquet.
6. Tennis is all about self-discipline so always spend quality time on court
7. A regular diet and additional fitness is always recommended for better game.
8. Always take sufficient amount of water for body hydration.