

Forehand approach

Yellow



Ready

- Assume a basic athletic ready position
- Racquet in a neutral position
- Non-dominant hand supporting the racquet
- Range of acceptability: #3 Eastern forehand grip to a #4 Semi Western forehand grip



Backswing

- Body moves in a forward motion
- Shoulders begin to align horizontally to the path of ball and begin a circular motion
- Dominant hand positioned between the shoulders and hips



Forwardswing

- Non-dominant hand balances the body
- Racquet and hand is visible on the hitting side of the body



Contact

- Impact in front and to the side of the body
- Racquet face is vertical through contact
- Capable of hitting with a square or semi-open stance
- Head remains stable and eyes focused on contact point
- Wrist and forearm remain stable



Follow through

- Hips and shoulders have rotated to face the net
- Follow through as a natural extension of swing

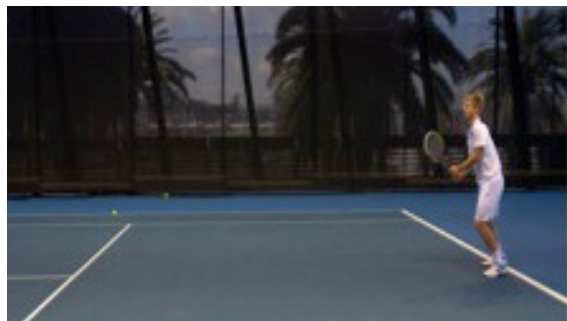


Recovery

- Body continues in forward motion towards net with racquet in a neutral position

Backhand approach

Yellow



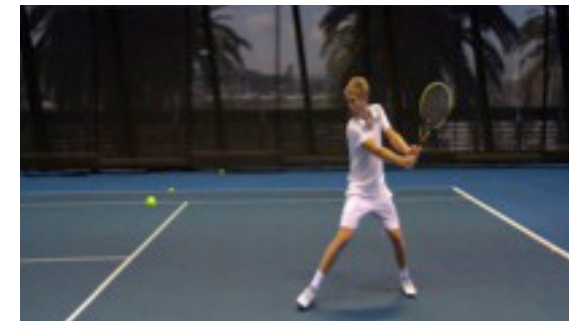
Ready

- Assume a basic athletic ready position
- Racquet in a neutral position
- Non-dominant hand supporting the racquet
- Range of acceptability: Dominant hand L/R #1 Eastern backhand grip, non-dominant hand on grip L/R #3



Backswing

- Body forward
- Shoulders begin to align horizontally to the path of ball and begin a circular motion



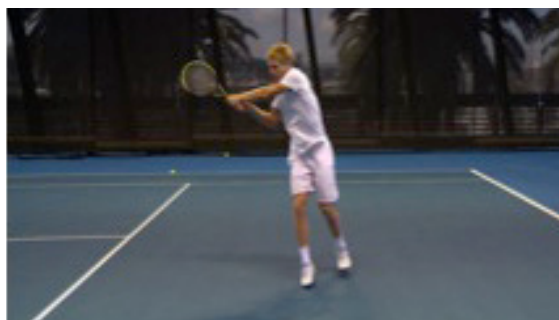
Backswing (cont)

- Dominant hand positioned between the shoulders and hips
- Racquet and hand visible on the hitting side of the body



Forwardswing & contact

- Capable of hitting with a square or semi-open stance
- Racquet face is vertical through hitting zone
- Head is stable and eyes focused on impact point
- Wrist and forearm are stable



Follow through

- Full extension through contact
- Racquet begins to decelerate to promote recovery
- Hitting shoulder finishes high



Recovery

- Body continues in forward motion towards net with racquet in a neutral position

Slice backhand approach

Yellow



Ready

- Assume a basic athletic ready position
- Racquet in a neutral position
- Range of acceptability: Non-dominant hand supporting the racquet: #2 Continental



Backswing

- Body moves forward
- Shoulders begin to align horizontally to the path of ball
- Non-dominant arm provides racquet head stability
- Dominant hand positioned between the shoulders and hips
- Racquet and hand visible on the hitting side of the body



Backswing (cont)

- Non-dominant arm remains raised
- Racquet head remains above the wrist
- Body weight is moving forwards towards the ball



Forwardswing

- Hands begin to separate
- Racquet follows a 'U' shape or high to low swing path
- Non-dominant arm remains raised
- Racquet face is open to contact
- Leg drive
- Capable of hitting in a closed or square stance



Contact

- Contact is made in front and to the side of the body
- Racquet face is vertical through hitting zone
- Hips and shoulders remain side on to the net
- Head is stable and eyes focused on impact point
- Wrist and forearm are stable



Follow through

- Follow through as a natural extension of the swing
- Hips and shoulders rotate towards the net
- Body continues in forward motion

Forehand dropshot

Yellow



Ready

- Assume a basic athletic ready position
- Racquet in a neutral position
- Non-dominant hand supporting the racquet
- Range of Acceptability: #3 Eastern forehand grip to a #4 Semi Western forehand grip during ready position



Forwardswing

- Non-dominant hand initiates grip change to #2 Continental or #3 Eastern forehand grip
- Racquet follows a high to low swing path
- Capable of hitting with a square or semi open stance
- Leg drive



Backswing

- Shoulders begin to align horizontally to the ball path
- Beginning of circular swing motion



Contact

- Contact is made in front and to the side of the body
- Racquet face is slightly open on contact
- Racquet travels in a downward path through contact to create backspin on the ball
- Hips and shoulders begin to rotate to face net



Backswing (cont)

- Dominant arm remains slightly flexed
- Non-dominant arm provides racquet head support
- Dominant hand positioned between the shoulders and hips
- Racquet and hand are still visible on the hitting side of the body
- Back knee is flexed in preparation for forward weight transfer



Follow through

- Racquet follow through is abbreviated, finishing between shoulder and waist height

Backhand dropshot

Yellow



Ready

- Assume a basic athletic ready position
- Racquet in a neutral position
- Non-dominant hand supporting the racquet
- Range of acceptability:
- Double handed BH - Dominant hand L/R #1 Eastern backhand grip, non-dominant hand on grip L/R #3 eastern forehand to a #4 semi-western forehand grip (double handed) on backhand approach and drive volley



Forwardswing

- Non-dominant hand initiates grip change to # 2 Continental
- Racquet follows a high to low swing path
- Capable of hitting with a square or semi open stance Leg drive



Backswing

- Shoulders begin to align horizontally to the ball path
- Beginning of circular swing motion



Contact

- Contact is made in front and to the side of the body
- Racquet face is slightly open on contact
- Racquet travels in a downward path through contact to create backspin on the ball



Backswing (cont)

- Dominant arm remains slightly flexed
- Dominant hand positioned between the shoulders and hips
- Racquet and hand are still visible on the hitting side of the body
- Back knee is flexed in preparation for forward body weight transfer



Follow through

- Racquet follow through is abbreviated, finishing between shoulder and waist height
- Hips and shoulders begin to rotate to face net

Forehand volley

Yellow



Ready

- Assume a basic athletic ready position
- Non-hitting hand supports the throat of the racquet
- Grip: #2 Continental grip



Backswing

- Backswing forms part of the initial shoulder turn with the hand and arm in front of the hitting shoulder
- Racquet face in line with the path of the ball
- Non-hitting arm is used for balance and is on the hitting side of the body
- Legs are loaded in preparation for body weight transfer



Forwardswing

- Racquet face behind the ball to meet the ball
- Slight descending (high to low racquet swing path creates backspin for control)
- Step toward the contact point with opposite leg



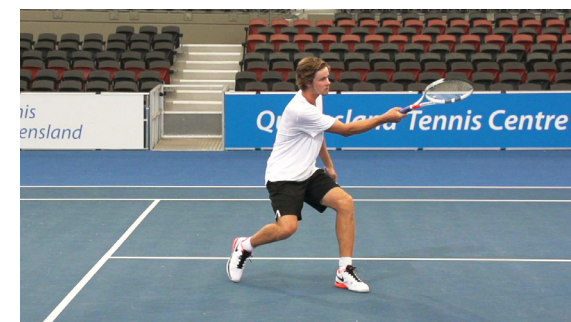
Contact Point

- Racquet face is vertical through the contact zone
- Contact occurs in front of the body while the body moves forward
- Head remains stable and eyes focused on contact point



Follow through

- Wrist and forearm remain stable
- Racquet follows a path towards the target

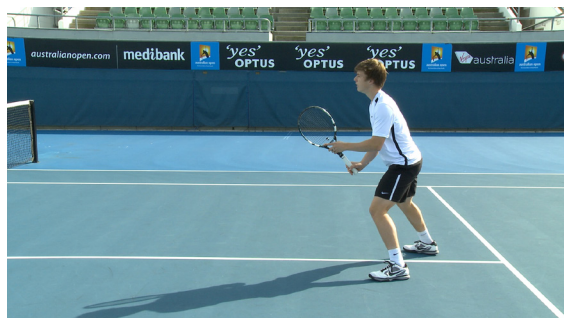


Follow through (Continued)

- Achieve a balanced recovery

Backhand volley

Yellow



Ready

- Assume a basic athletic ready position
- Non-hitting hand supports the throat of the racquet
- Grip: #2 Continental grip



Backswing

- Backswing forms part of the initial shoulder turn
- Racquet face in line with the path of the ball
- Legs are loaded in preparation for body weight transfer



Forwardswing

- Step toward the contact point with opposite leg
- Slight descending (high to low racquet swing path creates backspin for control)



Contact Point

- Racquet face is vertical through the contact zone
- Contact occurs in front of the body while the body moves forward
- Head remains stable and eyes focused on contact point
- Arms continue to separate



Follow through

- Wrist and forearm remain stable
- Racquet follows a path towards the target
- Non-hitting arm straightens



Follow through (Continued)

- Achieve a balanced recovery

Forehand drive volley

Yellow



Ready

- Assume a basic athletic ready position
- Racquet in a neutral position
- Non-dominant hand supporting the racquet
- Range of acceptability: #3 Eastern forehand grip to a #4 Semi Western forehand grip



Backswing

- Shoulders begin to align horizontally to the ball path
- Beginning of a circular motion



Forwardswing

- Racquet and hands drop slightly below the ball with a fluent motion
- Backswing is completed by the time the ball crosses the net
- Racquet trajectory follows a low to high swing path
- Capable of hitting with a square, semi-open and open stance



Contact

- Contact is made in front and to the side of the body
- Racquet face is vertical through hitting zone
- Hips and shoulders have rotated to face the net
- Head remains stable and eyes focused on contact point



Follow through

- Follow through as a natural extension of swing



Recovery

- Body continues in forward motion towards net

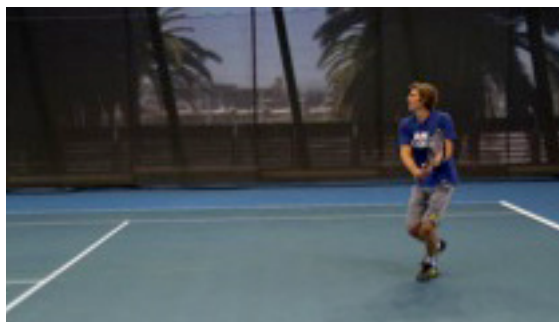
Backhand drive volley

Yellow



Ready

- Assume a basic athletic ready position
- Racquet in a neutral position
- Range of acceptability: Dominant hand #1 eastern backhand grip to a #2 continental grip. Non-dominant hand on grip L/R #3 eastern forehand to a #4 semi-western forehand grip



Backswing

- Shoulders begin to align horizontally to the ball path
- Beginning of a circular motion



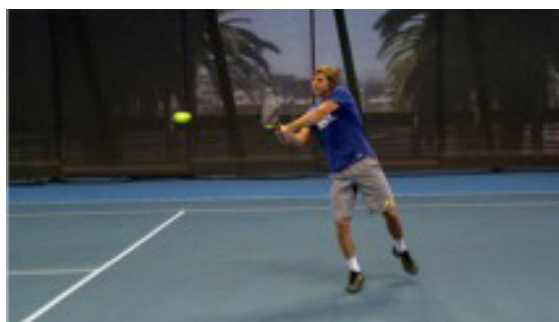
Backswing (cont)

- Backswing is completed by the time the ball crosses the net
- Capable of hitting with a square or semi open stance



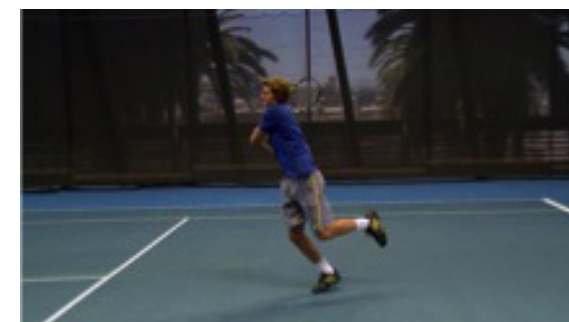
Forwardswing

- Racquet and hands drop slightly below the ball with a fluent motion
- Racquet follows a low to high swing path



Contact

- Contact is made in front and to the side of the body, generally a shoulder height hitting zone
- Racquet face is vertical through hitting zone
- Head is stable and eyes focused on contact point

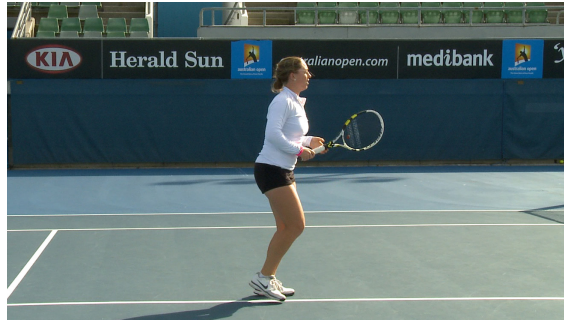


Follow through

- Follow through as a natural extension of swing
- Body continues in forward motion towards net

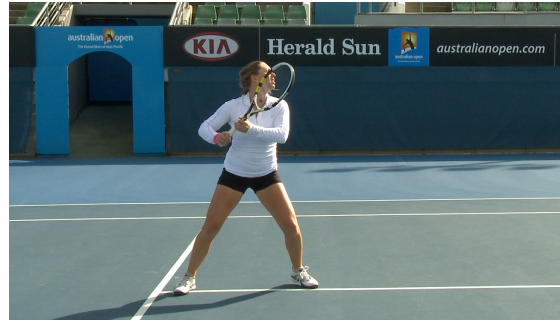
Overhead

Yellow



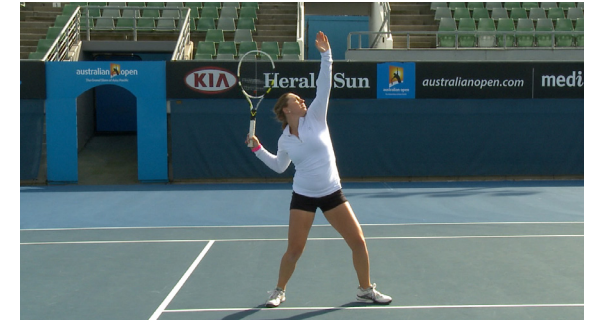
Ready

- Assume a basic athletic ready position
- Non-hitting hand supports the throat of the racquet
- Grip: #2 Continental grip



Backswing

- Turn side on
- Track ball with non-hitting hand
- Arms separate and go straight into throwing position
- Legs are loaded in preparation for weight transfer



Forwardswing

- Rotation of hips followed by trunk rotation
- Elbow bends to initiate coordinated overarm throwing motion



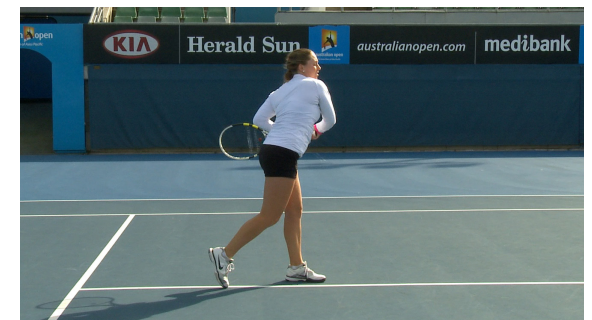
Contact Point

- Initiation of leg drive, coordinated with elbow extension up to contact



Follow through

- Contact out to the right and in front
- Eyes remain focused on the contact point
- Shoulders rotate parallel to the net



Follow through (Continued)

- Achieve a balanced recovery
- Follow through as a natural extension of the swing and is stroke dependent

Backhand overhead

Yellow



Ready

- Assume athletic position
- Non-hitting hand supports the throat of the racquet
- Range of acceptability: #2 continental grip to #1 eastern backhand grip



Backswing

- Shoulder turn initiates backswing
- Track ball and position body in line with oncoming ball
- Legs are loaded in preparation for body weight transfer



Backswing (cont)

- Shoulder turned so that the back of shoulder faces the net
- The tip of the racquet is pointing down at the completion of the backswing



Forwardswing (continued)

- Full leg drive initiates racquet displacement away from the body
- Shoulder extension drives racquet to contact
- Body remains side on to the net
- Tossing arm tucks in close to the body to allow for continued acceleration of dominant arm



Contact

- Contact point is between 12-1 o'clock in relation to the body
- Head and shoulder aligned with eyes focused on impact point
- Contact made side on to the net
- Contact made in front of the head



Follow through

- Completion of forearm supination
- Follow through as a natural extension of the swing