Technique

Technical Fundamentals of the Forehand
Technical Fundamentals

Provide the content and direction for teaching the most critical aspects of tennis.

Based on relevant research and coaching experiences.

Goal is to educate and teach our players the *stroke fundamentals* to ensure each player has the correct foundation to build their game.

Comparison between the initial stages of development through to the professional ranks is to draw attention to the *similarities* in technical development versus the often talked about differences.
Technical Fundamentals

Slight flexion in the knees
Assume a sound support base
Racquet in a neutral position (Elbows away from the body)
Non dominant hand supporting the racquet

Range of acceptability: #3 Eastern forehand grip to a #4 Semi Western forehand grip
Wrist stability (Flattened ‘U’ shape)

Shoulders begin to align horizontally to the ball path
Maintain balanced neutral shoulder-head alignment
Technical Fundamentals

Swing Phase

• Beginning of circular motion
• Dominant hand positioned between the shoulders and hips
• Non-dominant hand balances the backward trunk rotation
• Ideal separation angle 20º created by shoulder and hip misalignment
• Racquet and hand is still visible on the hitting side of the body
• Back knee is flexed in preparation for forward body weight transfer
• Effective loading of ground reaction force
Forward Swing

Racquet and hand begins to drop below the ball
Uncoiling of the body and effective use of accelerating and decelerating the body segments
Racquet acceleration with a low to high trajectory and an inside to outward swing pattern
Technical Fundamentals

Palm guidance through hitting zone
Extension of legs up to impact
Racquet face is vertical for a longer hitting zone
Head remains stable and eyes focused on impact point
Hips and shoulders have rotated to face the net
Wrist and forearm remain stable
Technical Fundamentals

- Full extension of palm guidance through contact
- Racquet begins to decelerate to promote recovery
- Hitting shoulder finishes high
Technical Fundamentals

B
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G
Range of acceptability: #3 Eastern forehand grip to a #4 Semi Western forehand grip
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H
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“What you see as a Junior you see as a Pro”
- Nick Bolletieri
Technical Fundamentals
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