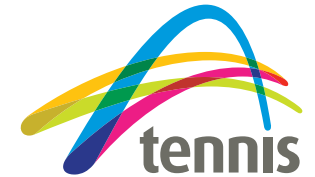


2013



Coach Development

Technical Fundamentals



Technical Fundamentals

Introduction

Sport is constantly evolving and tennis is a great example of this as evidenced by the increased power, athleticism, flexibility, size and precision of the athletes. It is important coaches keep pace with these changes and remain up-to-date with the latest information. With this in mind we have reviewed and updated the Tennis Australia Technical Fundamentals.

This latest version of the Technical Fundamentals is written in simple language and is specific to the ages and stages of development of your players (red, orange, green and yellow). These Technical Fundamentals underpin the MLC Tennis Hot Shots competencies and also form the basis of the Tennis Australia Technique App which can be downloaded from itunes.

The Technical Fundamentals:

- are based on relevant research and the collective coaching experience of Tennis Australia's High Performance coaches.
- describe the what - technique that is biomechanically sound, facilitates clean ball striking, is coordinated, rhythmical and doesn't break down under pressure. The how and the why are beyond the scope of this document but are crucial to the development of tennis players, as are the other components of development. If you believe form follows function then the development of tactical awareness is a key component to success, as is the player's physical, psychological and social development.
- are only one part of the shot cycle (perception-decision-action-evaluation), namely the action thus it is critical coaches apply the technical fundamentals within the context of the shot cycle.
- highlight areas for improvement identified amongst Australian players at tournaments as requiring special attention (e.g., late racquet preparation). Thus, the repetition of certain technical aspects within phases of the swing throughout this document is intentional.

The challenge of balancing up-to-date and comprehensive information without making the document too long was important. In future editions the inclusion of the following strokes will be considered: - forehand drive volley, backhand drive volley, abbreviated serve, foot up serve, foot back serve, backhand overhead, drop shot, lob and movement fundamentals.

We encourage you to use these Technical Fundamentals as a reference to guide your coaching practice to develop technically competent players at each stage of development.



Geoff Quinlan
Manager - Coach & Talent Development

Table of Contents

Red Stage

Forehand	1
Double-handed backhand	2
Single-handed backhand	3
Forehand volley	4
Backhand volley	5
Forehand return of serve	6
Double-handed backhand return of serve	7
Single-handed backhand return of serve	8
Overhead	9
Serve	10

Orange Stage

Forehand	11
Double-handed backhand	12
Single-handed backhand	13
Backhand slice	14
Forehand volley	15
Backhand volley	16
Forehand return of serve	17
Double-handed backhand return of serve	18
Single-handed backhand return of serve	19
Overhead	20
Serve	21

Green Stage

Forehand	22
Double-handed backhand	23
Single-handed backhand	24
Backhand slice	25
Forehand volley	26

Backhand volley	27
Forehand return of serve	28
Double-handed backhand return of serve	29
Single-handed backhand return of serve	30
Overhead	31
Serve	32

Yellow Stage

Forehand	33
Double-handed backhand	34
Single-handed backhand	35
Backhand slice	36
Forehand volley	37
Backhand volley	38
Forehand return of serve	39
Double-handed backhand return of serve	40
Single-handed backhand return of serve	41
Overhead	42
Serve	43

Coach Development Tactical Fundamentals

Play consistent percentages	45
Know the zones of the court (traffic lights)	45
Understand the court and the target areas	45
Limit directional changes	46
Centre the ball	46
Attack the short ball	46
Winning plays (1-2 sequence)	47
D-N-O (Defensive, Neutral and Offensive)	47
Hold the line on low volleys	47
Changing gears (changing tactics & rhythm during a match)	47



Ready

- Assume a basic athletic ready position
- Grip: #3 Eastern forehand grip to a #4 Semi-western forehand grip



Swing

- Make a circular swing



Swing (Continued)

- Basic low to high swing path
- Step forward into the shot



Contact Point

- Contact in front and to the side of the body



Follow through

- Hips and shoulders have rotated to face the net



Follow through (Continued)

- Follow through as a natural extension of swing

Double-handed backhand

Red 5–8 yrs



Ready

- Assume a basic athletic ready position
- Grip : Bottom hand on grip L/R #1 Eastern backhand grip to a #2 Continental grip.
- Top hand on grip L/R #3 Eastern forehand to a #4 Semi-western forehand grip
- No space between the hands



Contact Point

- Contact in front and to the side of the body



Swing

- Make a circular swing



Follow through

- Follow through as a natural extension of the swing



Swing (Continued)

- Basic low to high swing path
- Step forward into the shot



Follow through (Continued)

Single-handed background

Red 5–8 yrs



Ready

- Assume a basic athletic ready position
- Grip: #1 Eastern backhand grip



Swing

- Make a circular swing



Swing (Continued)

- Basic low to high swing path
- Step forward into the shot



Contact Point

- Contact in front and to the side of the body



Follow through

- Follow through as a natural extension of the swing



Follow through (Continued)

Forehand Volley

Red 5–8 yrs



Ready

- Assume a basic ready position
- Grip: #3 Eastern forehand grip to a #2 Continental grip



Swing



Swing (Continued)

- Volley with a basic blocking action



Contact Point

- Step forward into the volley



Follow through

- Achieve a block volley without excessive follow through



Follow through (Continued)



Ready

- Assume a basic ready position
- Grip: #1 Eastern backhand grip to a #2 Continental grip



Swing



Swing (Continued)

- Volley with a basic blocking action



Contact Point

- Step forward into the volley



Follow through

- Achieve a block volley without excessive follow through



Follow through (Continued)

Forehand return of serve

Red 5–8 yrs



Ready

- Assume a basic athletic ready position
- Grip: #3 Eastern forehand grip to a #4 Semi-western forehand grip



Swing

- Make a compact circular swing



Swing (Continued)

- Basic low to high swing path
- Step forward into the shot



Contact Point

- Contact in front and to the side of the body



Follow through

- Follow through as a natural extension of the swing



Follow through (Continued)

Double-handed backhand return of serve

Red 5–8 yrs



Ready

- Assume a basic athletic ready position
- Grip : Bottom hand on grip L/R #1 Eastern backhand grip to a #2 Continental grip.
- Top hand on grip L/R #3 Eastern forehand to a #4 Semi-western forehand grip
- No space between the hands



Swing

- Make a compact circular swing



Swing (Continued)

- Basic low to high swing path
- Step forward into the shot



Contact Point

- Contact in front and to the side of the body



Follow through

- Follow through as a natural extension of the swing



Follow through (Continued)

Single-handed backhand return of serve

Red 5–8 yrs



Ready

- Assume a basic athletic ready position
- Grip: #1 Eastern backhand grip



Swing

- Make a compact circular swing



Swing (Continued)

- Basic low to high swing path
- Step forward into the shot



Contact Point

- Contact in front and to the side of the body



Follow through

- Follow through as a natural extension of the swing



Follow through (Continued)



Ready

- Assume a basic ready position
- Grip: #3 Eastern forehand grip to a #2 Continental grip



Swing

- Track ball with non-dominant hand



Swing (Continued)

- Elbow bends to initiate a coordinated overarm throwing motion



Swing (Continued)

- Achieve a basic coordinated throwing action



Contact Point

- Contact above the head and slightly in front with eyes focused on the ball



Follow through

- Follow through as a natural extension of the swing



Ready

- Assume a basic ready position
- Grip: #3 Eastern forehand grip to a #2 Continental grip



Swing

- Release ball toss at approximately eye level



Swing (Continued)

- Elbow bends to initiate a coordinated overarm throwing motion



Swing (Continued)

- Achieve a basic coordinated throwing action



Contact Point

- Contact above the head and slightly in front with eyes focused on the ball



Follow through

- Follow through as a natural extension of the swing



Ready

- Assume a basic athletic ready position
- Non-hitting hand supports the throat of the racquet and initiates the grip change
- Grip: #3 Eastern forehand grip to a #4 Semi-western forehand grip



Swing

- Turn side on to the oncoming ball.
- Beginning of a circular motion
- Hitting hand does not raise above the head
- Racquet and hand remain visible on the hitting side of the body when viewed from front on
- Backswing is completed by the time the ball bounces at the player's end of the court



Swing (Continued)

- Racquet and hand drop below the ball with a fluent motion
- Racquet follows a low to high swing path
- Step forward with a square stance



Contact Point

- Contact made in front and to the side of the body
- Racquet face is vertical for a long hitting zone



Follow through

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



Follow through (Continued)

- Racquet finishes over the opposite shoulder

Double-handed backhand

Orange 8–10 yrs



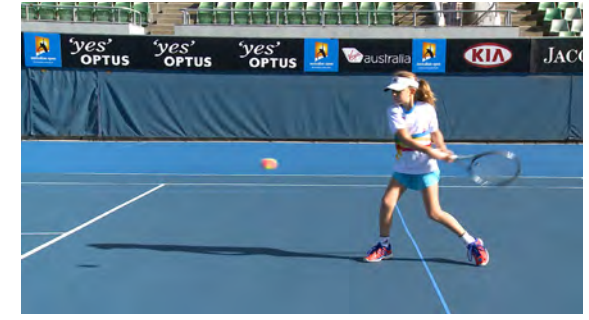
Ready

- Assume a basic athletic ready position
- Grip : Bottom hand on grip L/R #1 Eastern backhand grip to a #2 Continental grip
- Top hand on grip L/R #3 Eastern forehand to a #4 Semi-western forehand grip



Swing

- Turn side on to the oncoming ball
- Beginning of a circular motion with both hands working together
- Hands do not raise above the shoulder
- Backswing is completed by the time the ball bounces at the player's end of the court



Swing (Continued)

- Racquet and hands drop below the ball with a fluent motion
- Both arms working together in a coordinated way
- Racquet trajectory follows a low to high swing path
- Step forward into the shot with a square stance



Contact Point

- Contact made in front and to the side of the body
- Racquet face is vertical for a long hitting zone
- Hips and shoulders have rotated to face the net



Follow through

- Follow through as a natural extension of the swing



Follow through (Continued)

- Racquet finishes over the opposite shoulder



Ready

- Assume a basic athletic ready position
- Non-hitting hand supports the throat of the racquet and initiates the grip change
- Grip: #1 Eastern backhand grip



Backswing

- Turn side on to the oncoming ball
- Beginning of a circular motion
- Hitting hand does not raise above the head
- Backswing is completed by the time the ball bounces at the player's end of the court



Forwardswing

- Racquet and hand drop below the ball with a fluent motion
- Racquet follows a low to high swing path
- Step forward into the shot with a square stance



Contact Point

- Contact made in front and to the side of the body
- Racquet face is vertical for a long hitting zone
- Hips and shoulders remain side on to the net
- Arms continue to separate



Follow through

- Follow through as a natural extension of the swing



Follow through (Continued)

- Hand to hand forms a line as arms continue to separate



Ready

- Assume a basic athletic ready position
- Non-hitting hand supports the throat of the racquet and initiates the grip change
- Grip: #1 Eastern backhand grip to a #2 Continental grip



Backswing

- Turn side on to the oncoming ball
- Racquet and hand are above the ball
- Backswing is completed by the time the ball bounces at the player's end of the court



Forwardswing

- Racquet and hand begin above the ball
- Hands begin to separate
- Racquet trajectory follows a high to low swing path
- Racquet face is open prior to contact
- Step forward into shot with a square stance



Contact Point

- Contact made in front and to the side of the body
- Racquet face is vertical for a long hitting zone
- Hips and shoulders remain side on to the net
- Arms continue to separate



Follow through

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



Follow through (Continued)

- Hand to hand forms a line as arms continue to separate



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



Forwardswing

- Racquet face in line with the ball
- Step toward the oncoming ball with the opposite foot
- Racquet head above the wrist



Contact Point

- Racquet face is vertical through the contact zone
- Contact occurs in front of the body while the body moves forward



Follow through

- Wrist and forearm remain stable



Follow through (Continued)

- Racquet follows a path towards the target



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



Backswing (continued)

- Racquet face in line with the ball
- Step toward the oncoming ball with the opposite foot



Forwardswing

- Racquet head above the wrist



Contact Point

- Racquet face is vertical through the contact zone
- Contact occurs in front of the body while the body moves forward
- Arms continue to separate



Follow through

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



Ready

- Assume a basic athletic ready position
- Non-hitting hand supports the throat of the racquet and initiates the grip change
- Grip: #3 Eastern forehand grip to a #4 Semi-western forehand grip



Backswing

- Turn side on to the oncoming ball.
- Beginning of circular motion. Backswing is shorter and more compact
- Hitting hand does not raise above the head
- Racquet and hand remain visible on the hitting side of the body when viewed from front on
- Backswing is completed by the time the ball bounces at the player's end of the court



Forwardswing

- Racquet and hand drop below the ball with a fluent motion
- Racquet follows a low to high swing path
- Step forward with a square stance when time permits



Contact Point

- Contact made in front and to the side of the body
- Racquet face is vertical for a long hitting zone



Follow through

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



Follow through (Continued)

- Racquet finishes over the opposite shoulder

Double-handed backhand return of serve

Orange 8–10 yrs



Ready

- Assume a basic athletic ready position
- Grip: Bottom hand on L/R #1 Eastern backhand grip to a #2 Continental grip
- Top hand on L/R #3 Eastern forehand grip to a #4 Semi-western forehand grip



Backswing

- Turn side on to the oncoming ball
- Beginning of a circular motion. Backswing is shorter and more compact
- Hands do not raise above the shoulder
- Backswing is completed by the time the ball bounces at the player's end of the court



Forwardswing

- Racquet and hands drop below the ball with a fluent motion
- Both arms working together in a coordinated way
- Racquet trajectory follows a low to high swing path
- Step forward with a square stance when time permits



Contact Point

- Contact made in front and to the side of the body
- Racquet face is vertical for a long hitting zone
- Hips and shoulders have rotated to face the net



Follow through

- Follow through as a natural extension of the swing



Follow through (Continued)

- Racquet finishes over the opposite shoulder

Single-handed backhand return of serve

Orange 8–10 yrs



Ready

- Assume a basic athletic ready position
- Non-hitting hand supports the throat of the racquet and initiates the grip change
- Grip: #1 Eastern backhand grip



Backswing

- Turn side on to the oncoming ball
- Beginning of a circular motion. Backswing is shorter and more compact
- Hitting hand does not raise above the head
- Backswing is completed by the time the ball bounces at the player's end of the court



Forwardswing

- Racquet and hands drop below the ball with a fluent motion
- Racquet follows a low to high swing path
- Step forward with a square stance when time permits



Contact Point

- Contact made in front and to the side of the body
- Racquet face is vertical for a long hitting zone
- Hips and shoulders remain side on to the net
- Arms continue to separate



Follow through

- Follow through as a natural extension of the swing



Follow through (Continued)

- Hand to hand forms a line as arms continue to separate



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 begin to separate



Backswing (Continued)

- Elbow bends to initiate a coordinated overarm throwing motion



Forwardswing



Contact Point

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



Follow through

- Achieve a balanced recovery



Ready

- Serving stance – Feet perpendicular to the net, front foot angled towards the net post and back foot behind the front, parallel to the baseline shoulder width apart
- Non-hitting hand supports the ball and throat of racquet
- Grip: #2 Continental grip



Backswing

- Achieve a basic overarm throwing action
- Tossing arm raises up towards the net post and releases ball at about eye level
- Transfer of body weight onto the back leg



Backswing (Continued)

- Elbow bends to initiate a fluent and coordinated overarm throwing motion
- Weight transfer from back to front foot



Forwardswing

- Extension of elbow up to contact
- Racquet follows an upward swing path



Contact Point

- Eyes remain focused on the contact point
- Shoulders rotate parallel to the net



Follow through

- Achieve a balanced recovery



Ready

- Assume a basic athletic ready position
- Non-hitting hand supports the throat of the racquet and initiates the grip change
- Grip: #3 Eastern forehand grip to a #4 Semi-western forehand grip



Backswing

- Turn side on to the oncoming ball
- Beginning of a circular motion
- Hitting hand does not raise above the head
- Backswing is completed by the time the ball bounces at the player's end of the court



Forwardswing

- Racquet and hands drop below the ball with a fluent motion
- Racquet follows a low to high swing path
- Capable of hitting with a square, semi-open and open stance



Contact Point

- Contact is made in front and to the side of the body
- Racquet face is vertical for a long 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 the swing and is stroke dependent



Follow through (Continued)

- Racquet finishes over the opposite shoulder

Double-handed backhand

Green 9+ yrs



Ready

- Assume a basic athletic ready position
- Grip : Bottom hand on grip L/R #1 Eastern backhand grip to a #2 Continental grip. Top hand on grip L/R #3 Eastern forehand to a #4 Semi-western forehand grip
- No space between hands



Backswing

- Turn side on to the oncoming ball
- Beginning of a circular motion with both hands working together a
- Hands do not raise above the shoulder
- Backswing is completed by the time the ball bounces at the player's end of the court



Forwardswing

- Racquet and hands drop below the ball with a fluent motion
- Both arms working together in a coordinated way
- Racquet trajectory follows a low to high swing path
- Capable of hitting with a closed, square and semi-open stance



Contact Point

- Contact is made in front and to the side of the body
- Racquet face is vertical for a long hitting zone
- Hips and shoulders have rotated to face the net



Follow through

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



Follow through (Continued)

- Racquet finishes over the opposite shoulder

Single-handed backhand

Green 9+ yrs



Ready

- Assume a basic athletic ready position
- Non-hitting hand supports the throat of the racquet and initiates the grip change
- Grip: #1 Eastern backhand grip



Backswing

- Turn side on to the oncoming ball
- Beginning of a circular motion
- Hitting hand does not raise above the head
- Backswing is completed by the time the ball bounces at the player's end of the court



Forwardswing

- Racquet and hand drop below the ball with a fluent motion
- Racquet follows a low to high swing path
- Step forward into shot with a square stance
- Hands begin to separate



Contact Point

- Contact is made in front and to the side of the body
- Racquet face is vertical for a long hitting zone
- Hips and shoulders remain side on to the net
- Arms continue to separate
- Head remains stable and eyes focused on contact point



Follow through

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



Follow through (Continued)

- Hand to hand forms a line as arms continue to separate

Backhand slice

Green 9+ yrs



Ready

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



Backswing

- Turn side on to the oncoming ball
- Racquet and hand are above the ball
- Backswing is completed by the time the ball bounces at the player's end of the court



Forwardswing

- Hands begin to separate
- Racquet trajectory follows a high to low swing path
- Racquet face is open prior to contact
- Step forward into the shot with a square stance



Contact Point

- Contact is made in front and to the side of the body
- Racquet face is vertical for a long hitting zone
- Hips and shoulders remain side on to the net
- Arms continue to separate



Follow through

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



Follow through (Continued)

- Hand to hand forms a line as arms continue to separate



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



Forwardswing

- Racquet face behind the ball to meet the ball
- Step toward the oncoming ball with the opposite foot
- Racquet head above the wrist



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



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



Forwardswing

- Racquet face behind the ball to meet the ball
- Step toward the oncoming ball with the opposite foot
- Racquet head above the wrist



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



Ready

- Assume a basic athletic ready position
- Non-hitting hand supports the throat of the Racquet and initiates the grip change
- Grip: #3 Eastern forehand grip to a #4 Semi-western forehand grip



Backswing

- Turn side on to the oncoming ball
- Beginning of a circular motion. Backswing is shorter and more compact
- Hitting hand does not raise above the head
- Backswing is completed by the time the ball bounces at the player's end of the court



Forwardswing

- Racquet and hand drop below the ball with a fluent motion
- Racquet follows a low to high swing path
- Capable of hitting with a square, semi-open and open stance



Contact Point

- Contact made in front and to the side of the body
- Racquet face is vertical for a long 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 the swing and is stroke dependent



Follow through (Continued)

- Racquet finishes over the opposite shoulder

Double-handed backhand return of serve

Green 9+ yrs



Ready

- Assume a basic athletic ready position
- Grip : Bottom hand on grip L/R #1 Eastern backhand grip to a #2 Continental grip
- Top hand on grip L/R #3 Eastern forehand to a #4 Semi-western forehand grip
- No space between hands



Backswing

- Turn side on to the oncoming ball
- Beginning of a circular motion. Backswing is shorter and more compact
- Hands do not raise above the shoulder
- Backswing is completed by the time the ball bounces at the player's end of the court



Forwardswing

- Racquet and hands drop below the ball with a fluent motion
- Both arms working together in a coordinated way
- Racquet follows a low to high swing path
- Capable of returning with a closed, square, semi-open and open stance



Contact Point

- Contact made in front and to the side of the body
- Racquet face is vertical for a long hitting zone
- Hips and shoulders have rotated to face the net



Follow through

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



Follow through (Continued)

- Racquet finishes over the opposite shoulder

Single-handed backhand return of serve

Green 9+ yrs



Ready

- Assume a basic athletic ready position
- Grip : Bottom hand on grip L/R #1 Eastern backhand grip to a #2 Continental grip
- Top hand on grip L/R #3 Eastern forehand to a #4 Semi-western forehand grip
- No space between hands



Backswing

- Turn side on to the oncoming ball
- Beginning of a circular motion. Backswing is shorter and more compact
- Hands do not raise above the shoulder
- Backswing is completed by the time the ball bounces at the player's end of the court



Forwardswing

- Racquet and hands drop below the ball with a fluent motion
- Both arms working together in a coordinated way
- Racquet follows a low to high swing path
- Capable of returning with a closed, square, semi-open and open stance



Contact Point

- Contact made in front and to the side of the body
- Racquet face is vertical for a long hitting zone
- Hips and shoulders have rotated to face the net



Follow through

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



Follow through (Continued)

- Racquet finishes over the opposite shoulder



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 begin to separate



Backswing (Continued)

- Elbow bends to initiate a coordinated overarm throwing motion



Forwardswing

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



Contact point

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



Follow through

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



Ready

- Serving stance – feet perpendicular to the net, front foot angled towards the net post and back foot behind the front, parallel to the baseline shoulder width apart
- Non hitting hand supports the ball and throat of racquet
- Grip: #2 Continental grip



Backswing

- Achieve a basic throwing action
- Tossing arm raises up towards the net post and ball is released at about eye level
- Palm of hitting hand remains down facing the ground



Backswing (Continued)

- Elbow bends to initiate throwing motion
- Rhythm: High point of toss equals high point of racquet (often called 'trophy' position)



Forwardswing

- Elbow extension up to contact
- Racquet follows an upward swing path
- Rhythm: Ball toss drop synchronized with leg drive



Contact point

- Eyes remain focused on the contact point
- Shoulders rotate parallel to the net
- Contact points vary due to the type of serve executed



Follow through

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



Ready

- Assume a basic athletic ready position.
- Non-hitting hand supports the throat of the racquet and initiates the grip change
- Grip: #3 Eastern forehand grip to a #4 semi-western forehand grip



Backswing

- Turn side on to the oncoming ball
- Beginning of a circular motion
- Hitting hand does not raise above the head
- Backswing is completed by the time the ball bounces at the player's end of the court
- Ideal separation angle of 20°
- Outside leg is loaded in preparation for (1 weight transfer, (2 balance, (3 power generation and (4 adaptability in terms of contact point and shot intent



Forwardswing

- Racquet and hand drop below the ball with a fluent motion
- Racquet acceleration with a low to high trajectory
- Leg drive
- Capable of hitting with a square, semi-open and open stance



Contact Point

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



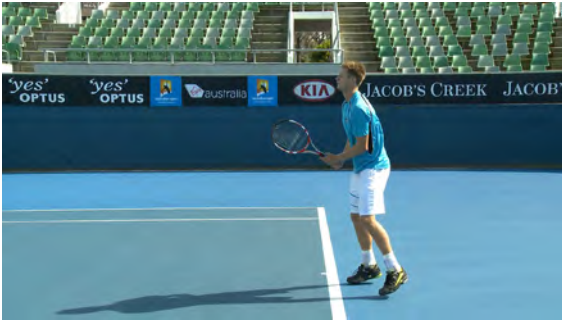
Follow through

- Follow through as a natural extension of swing and is stroke dependent



Follow through (Continued)

- Racquet finishes over the opposite shoulder



Ready

- Assume a basic athletic ready position
- Grip : Bottom hand on grip L/R #1 Eastern backhand grip to a #2 Continental grip
- Top hand on grip L/R #3 Eastern forehand grip to a #4 Semi-western forehand grip
- No space between hands



Contact Point

- Contact made in front and to the side of the body
- Racquet face is vertical for a long hitting zone
- Hips and shoulders have rotated to face the net



Backswing

- Turn side on to the oncoming ball
- Beginning of a circular motion with both hands working together
- Hands do not raise above the shoulder
- Backswing is completed by the time the ball bounces at the player's end of the court
- Ideal separation angle of 20°
- Back leg is loaded in preparation for (1 weight transfer, 2 balance, 3 power generation and 4 adaptability in terms of contact point and shot intent)



Follow through

- Follow through as a natural extension of swing and is stroke dependent



Forwardswing

- Racquet and hands drop below the ball with a fluent motion
- Both arms working together in a coordinated way
- Racquet trajectory follows a low to high swing path
- Leg drive
- Capable of hitting with a square, semi-open and open stance



Follow through (Continued)

- Racquet finishes over the opposite shoulder

Single-handed backhand

Yellow



Ready

- Assume a basic athletic ready position
- Non-hitting hand supports the throat of the racquet and initiates the grip change
- Grip: #1 Eastern backhand grip



Backswing

- Turn side on to the oncoming ball
- Beginning of a circular motion
- Hitting hand does not raise above the shoulder
- Ideal separation angle of 30°
- Backswing is completed by the time the ball bounces at the player's end of the court
- Back leg is loaded in preparation for (1 weight transfer, (2 balance, (3 power generation and (4 adaptability in terms of contact point and shot intent



Follow through

- Follow through as a natural extension of swing and is stroke dependent



Forwardswing

- Racquet and hands drop below the ball with a fluent motion
- Racquet follows a low to high swing path
- Leg drive
- Hands begin to separate



Contact Point

- Contact is made in front and to the side of the body
- Racquet face is vertical for a long hitting zone
- Hips and shoulders remain side on to the net
- Arms continue to separate
- Head remains stable and eyes focused on contact point



Follow through (Continued)

- Non-hitting arm straightens
- Hand to hand forms a line as arms continue to separate
- Hips slightly open to begin recovery



Ready

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



Backswing

- Turn side on to the oncoming ball
- Racquet and hand are above the ball
- Backswing is completed by the time the ball bounces at the player's end of the court
- Ideal separation angle of 30°
- Back leg is loaded in preparation for (1 weight transfer, 2 balance and 3 adaptability in terms of contact point and shot intent)



Forwardswing

- Racquet and hand begin above the ball
- Hands begin to separate
- Racquet trajectory follows a high to low swing path
- Racquet face is open prior to contact
- Leg drive



Contact Point

- Contact is made in front and to the side of the body
- Racquet face is vertical for a long hitting zone
- Hips and shoulders remain side on to the net
- Arms continue to separate



Follow through

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



Follow through (Continued)

- Hand to hand forms a line as arms continue to separate
- Hips slightly open to begin recovery



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



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



Ready

- Assume a basic athletic ready position
- Non-hitting hand supports the throat of the racquet and initiates grip change
- Grip: #3 Eastern forehand grip to a #4 Semi-western forehand grip



Contact Point

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



Backswing

- Turn side on to the oncoming ball
- Beginning of a circular motion. Backswing is shorter and more compact
- Hitting hand does not raise above the head
- Backswing is completed by the time the ball bounces at the player's end of the court
- Ideal separation angle of 20°
- Outside leg is loaded in preparation for (1 weight transfer, (2 balance, (3 power generation and (4 adaptability in terms of contact point and shot intent



Follow through

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



Forwardswing

- Racquet and hand drop below the ball with a fluent motion
- Racquet acceleration with a low to high trajectory
- Leg drive
- Capable of hitting with a square, semi-open and open stance



Follow through (Continued)

- Racquet finishes over the opposite shoulder

Double-handed backhand return of serve

Yellow



Ready

- Assume a basic athletic ready position
- Grip : Bottom hand on grip L/R #1 Eastern backhand grip to a #2 Continental grip
- Top hand on grip L/R #3 Eastern forehand grip to a #4 Semi-western forehand grip
- No space between hands



Contact Point

- Contact made in front and to the side of the body
- Racquet face is vertical for a long hitting zone
- Hips and shoulders have rotated to face the net
- Both arms working together in a coordinated way



Backswing

- Turn side on to the oncoming ball
- Beginning of a circular motion with both hands working together. Backswing is shorter and more compact
- Hands do not raise above the shoulder
- Backswing is completed by the time the ball bounces at the player's end of the court
- Ideal separation angle of 20°
- Outside leg is loaded in preparation for (1 weight transfer, (2 balance, (3 power generation and (4 adaptability in terms of contact point and shot intent



Follow through

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



Forwardswing

- Racquet and hand drop below the ball with a fluent motion
- Both arms working together in a coordinated way
- Racquet trajectory follows a low to high swing path
- Leg drive
- Capable of hitting with a closed, square, semi-open and open stance



Follow through (Continued)

- Racquet finishes over the opposite shoulder

Single-handed backhand return of serve

Yellow



Ready

- Assume a basic athletic ready position
- Non hitting hand supports the throat of the racquet and initiates the grip change
- Grip: #1 Eastern backhand grip



Backswing

- Turn side on to the oncoming ball
- Beginning of a circular motion. Backswing is shorter and more compact
- Hitting hand does not raise above the shoulder
- Ideal separation angle of 30°
- Backswing is completed by the time the ball bounces at the player's end of the court
- Back leg is loaded in preparation for (1 weight transfer, (2 balance, (3 power generation and (4 adaptability in terms of contact point and shot intent



Forwardswing

- Racquet and hand drop below the ball with a fluent motion
- Racquet follows a low to high swing path
- Leg drive
- Hands begin to separate



Contact Point

- Contact is made in front and to the side of the body
- Racquet face is vertical for a long hitting zone
- Hips and shoulders remain side on to the net
- Arms continue to separate
- Head remains stable and eyes focused on contact point



Follow through

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



Follow through (Continued)

- Non hitting arm straightens
- Hand to hand forms a line as arms continue to separate
- Hips slightly open to begin recovery



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



Ready

- Serving stance – Feet perpendicular to the net, front foot angled towards the net post and back foot behind the front, parallel to the baseline shoulder width apart
- Non-hitting hand supports the ball and throat of racquet
- Grip: #2 Continental



Backswing

- Able to achieve a coordinated throwing action
- Tossing arm raises up towards the net post and ball released at about eye level
- Palm of hitting hand remains down facing the ground
- Rhythm: High point of toss equals high point of racquet (often called 'trophy' position)
- Transfer of body weight onto the back leg (Back knee flexion at $110^{\circ} \pm 10^{\circ}$)



Forwardswing

- Elbow bends to initiate throwing motion
- Rhythm: Ball toss drop synchronised with leg drive



Contact Point

- Elbow extension up to contact
- Racquet follows an upward swing path



Follow through

- Contact points vary due to the type of serve executed
- Eyes focused on the contact point
- Shoulder over shoulder rotation evident
- 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



2013

Coach Development
Technical Fundamentals

Tactical Fundamentals

The following tactical concepts should be used as a base when building a tactical understanding within your players.

1. Play Consistent Percentages

Each player should understand the difference between creating unforced errors compared to forced errors.

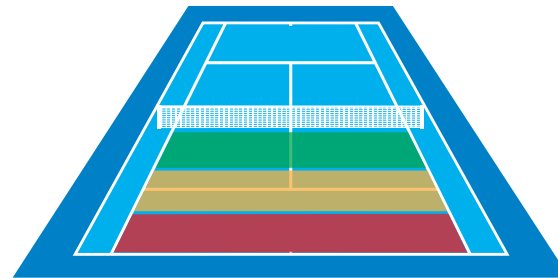
- **Unforced errors:** mistakes made with no applied pressure from your opponent
- **Forced errors:** loss of a point when pressure has been applied from your opponent. Pressure can be created by taking away time and space from your opponent.

A player should look to reduce the numbers of unforced errors made and increase the number of forced errors of the opponent.

2. Know the Zones of the Court (traffic lights)

The court is broken up into three equal sections. Using the analogy of traffic lights the following rules can exist to create an understanding of correct shot selection depending on your court position.

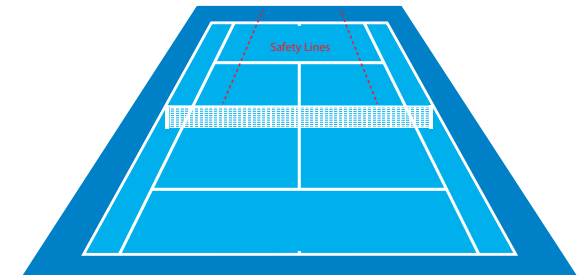
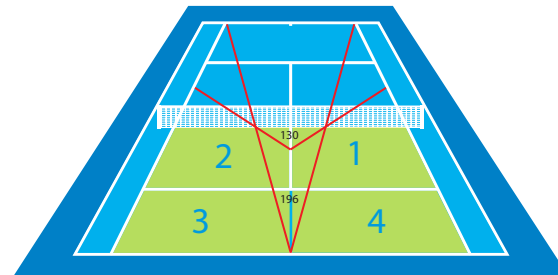
- **Red Zone:** Baseline – safe, consistent play
- **Yellow Zone:** Mid-court – proceed through, transition ball to net
- **Green Zone:** Net – finish off the point with volley or overhead



3. Understand the Court and the Target Areas

The following four rules help to explain the court and its dimensions to the player. Following these will allow for a higher percentage of tennis to be played.

- **Four quadrants:** as you move into the two sections of the court closer to the net, a greater angle is created in which you can execute the stroke, allowing / putting your opponent under more pressure.
- **Height equals depth:** having your strokes clear the net by over a metre will help create depth on your strokes. Depth is the backbone of any attacking game, as it creates pressure on your opponent and can often lead into a short ball.
- **Safelines:** each player should know the safe lines to hit through which will give them some margin for error. By creating safelines a metre inside the lines, it will help to reduce errors and build pressure on the opponent; this is specifically useful when approaching the net.
- **Safe spots:** each player should understand the areas of the court to hit to when under pressure and out of position. When taken out of court a player should aim for a high and deep down the middle to buy time to get back in position.



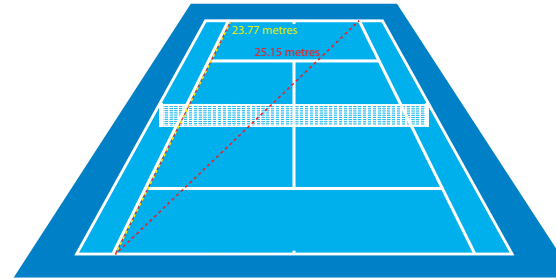
Tactical Fundamentals

4. Limit Directional Changes

A player should only look to change direction when in excellent court position and has time to correctly execute to help guarantee success. This court position is when the player has both feet inside the court which will help increase the angles for successful change.

When the player is positioned behind the baseline, they should be encouraged to go back crosscourt, over the lowest part of the net and where there is the greatest distance from point to point.

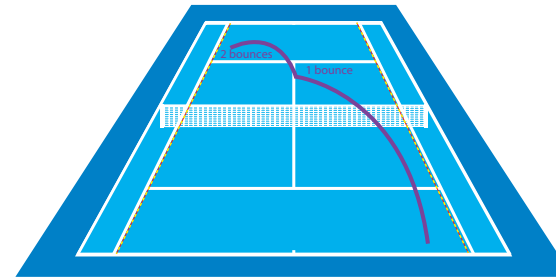
The difference between down the line and cross court is 19.1 degrees. Chances of errors increase when changing direction off a deep crosscourt ball (angle of incidence – where the ball is coming from vs where the ball is going to – angles of reflection).



5. Centre the Ball

The best error a player can make is long. A player should understand by hitting the ball through the baseline they are reducing their margins for error while reducing the area and angles their opponent can hit in to.

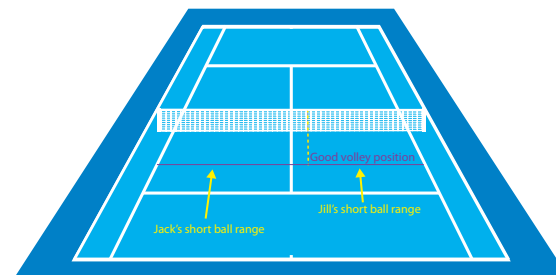
To help a player understand this, they can imagine their strokes having to bounce twice before dissecting the sideline.



6. Attack the Short Ball

A player needs to understand when coming towards the net, it is essential to get into a great net position. If a player comes forward off a short ball and cannot get into a good volleying position then they have come in off the wrong ball. Their short ball range is the position of where the ball lands when moving forward to gain this effective net position. Effectiveness at the net should result in winning 2 out of 3 points.

When approaching, the player should understand to come in towards their opponent's weaker side, which is the side they will hit longer and higher. Always look to approach up the line and move through the approach to help gain effective net position.



Tactical Fundamentals

7. Winning Plays (1-2 sequence)

Each player must understand tennis is combinations of strokes which will lead to successful outcomes. Many junior players only see the winner; however it is often the stroke prior which has created an opening in the court to execute the point. It should be stressed to players to win the point off the second stroke in the sequence, for example, a wide serve into the forehand court and an off forehand to the backhand corner.

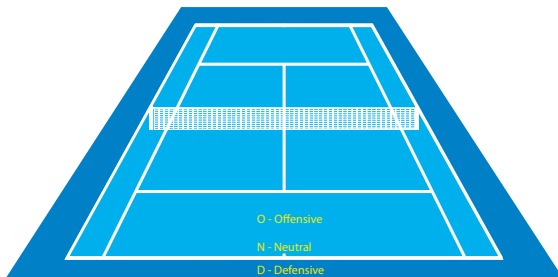
Winning plays or 1-2 sequences can come in many different combinations such as a serve and volley, first and second passing shot, approach and volley and backhand cross court and aggressive down the line.

8. D-N-O (Defensive, Neutral and Offensive)

This is similar to the traffic lights concept. It is directly associated with the court position of the player.

- **Defensive:** when behind the baseline
- **Neutral:** when on the baseline
- **Offensive:** when inside the baseline

By following this simple rule, it will reduce the number of unforced errors and create opportunities to increase their opponents forced errors.



9. Hold the Line on Low Volleys

This concept outlines the importance of playing the percentages and holding good court positioning at the net by volleying down the line and at the safe target line off low volleys.

10. Changing Gears (changing tactics & rhythm during a match)

The final concept outlines the ability of the player to change their tactics through the match depending on their current success rate. Junior players need to understand there are different ways they can change the play by altering their shot selection. This is an important skill for all players to understand.

The following are some different ways players can create tactical change during a match:

- More or less topspin
- Use of the slice backhand
- More height over the net
- Stay on the baseline longer
- Vary speed of the ball
- Attack only on very short ball
- Hit your 1st serve as if it was your 2nd serve
- Take more time between points (control the tempo)

These tactical concepts are to be utilised in your everyday coaching of both beginner and competitive players. They can be incorporated during different sessions according to the objectives of the session.