

WE WILL EMBRACE A “TRADITIONAL” APPROACH TO TEACHING STROKES

CONSIDERATIONS FOR STROKE DEVELOPMENT:

Important fundamental characteristics to ball striking:

- A. Watch the ball into the strings.
- B. Move feet to turn shoulders and body on ground strokes.
- C. Early racquet preparation (butt of racquet handle facing incoming ball), get it back before the ball bounces on the ground.
- D. Contact should be made in front of body (including serve).
- E. Shoulder-width base, with a short step to transfer weight forward on ground strokes.
- F. Keep head/ eyes still throughout the stroke process.
- G. Little or no arm/racquet “take back” on volleys, move forward.

Forehand crosscourt (PROPER GRIP):

- A. Proper racquet prep/turn shoulders, body, feet to crosscourt direction.
- B. Transfer weight from back to front (short, directional step, drag rear toe).
- C. Follow-through from low to high to create deep, dropping ball (topspin).
- D. Keep head still, eyes on ball, hit outside of ball, contact ball out front.

Forehand down the line (PROPER GRIP):

- A. Proper racquet prep/ turn shoulders, body, feet down the line (crossover step).
- B. Transfer weight from back to front (short, directional step, drag rear toe).
- C. Follow-through from low-to-high to create deep, dropping ball (topspin).
- D. Head still, eyes on ball, hit behind ball.

Backhand crosscourt (ONE HAND) (PROPER GRIP):

- A. Proper racquet prep/turn shoulders, body, feet to crosscourt mode.
- B. Transfer weight, back-to-front (short directional step, drag rear toe).
- C. Follow-through from low-to-high to create deep, dropping ball (topspin).
- D. Head still, eyes on ball, hit outside of ball, contact ball out front.

Backhand down the line (ONE HAND) (PROPER GRIP):

- A. Proper racquet prep/ turn shoulders, body, feet down the line (crossover step).
- B. Transfer weight, back-to-front (short directional step) aim for singles line.
- C. Follow-through from low-to-high to create deep, dropping ball (topspin).

Two-handed Backhand (player’s choice):

- A. Firm opposite hand forehand grip above your dominant hand, continental grip (preference).
- B. Racquet back and low, with butt of handle facing ball.
- C. Low-to-high swing path, finishing high over lead shoulder - not out front.
- D. Transfer weight, back-to-front (short, directional step, drag rear toe).

Forehand Volley crosscourt:

- A. Continental grip.
- B. Racquet head above the wrist, firm wrist.
- C. Crossover to ball, contact at 10 and 2 o'clock.
- D. Racquet forward to ball, minimize "take back" swing.

Forehand Volley deep:

- A. Continental grip, open racquet face slightly.
- B. Racquet head above the wrist, firm wrist, contact the ball in front of your body.
- C. Crossover to ball, contact at 10 and 2 o'clock.
- D. More follow-through by using your thighs.

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Forehand Lob (defensive) (PROPER GRIP):

- A. Turn shoulders, firm wrist.
- B. Racquet back, more low to more high swing path, pancake angle.
- C. Open racquet face for more upward ball trajectory.

Backhand Lob (defensive) (PROPER GRIP):

- A. Crossover step and turn shoulders to ball.
- B. Racquet back, more low to more high swing path, pancake angle.
- C. Open racquet face for more upward ball trajectory.

Forehand Half Volley:

- A. No backswing, contact ball in front of body, stay low with knee bend.
- B. Tight, continental grip, little, if any, follow-through.
- C. Head, eyes down at ball and still, immediately take ball off short bounce.

Backhand Half Volley:

- A. No backswing, contact ball in front of body, stay low with knee bend.
- B. Tight, continental grip, little, if any, follow-through.
- C. Head, eyes, down and still, immediately take ball off short bounce.

Forehand Lob (offensive) (PROPER GRIP):

- A. Turn shoulders, firm wrist.
- B. Speed up low to high movement to create more topspin, stepladder angle.
- C. Semi-open racquet face to lower ball trajectory.

Overheads (CONSIDER CONTINENTAL GRIP):

- A. Turn shoulders, use feet to turn, use off hand to point to ball.
- B. Keep ball in front of you, elbow up, racquet up and prepared.
- C. Reach up for the ball and strike using full service extension.

EXAMPLE OF ADVANCED SERVICE CONSIDERATIONS:

Serve wide:

- A. Toss wide (advanced technique).
- B. Hit outside of ball.
- C. Use full swing speed/transfer weight naturally/follow through.
- D. Loose grip for flexibility/considering serve mechanics, continental grip.
- E. Head/eyes up, ball toss out in front of body.
- F. High five concept, pronation of wrist and forearm.

Serve "T":

- A. Toss neutral/ front.
- B. Consider flat contact on ball (behind ball).
- C. Use full swing speed/ transfer weight naturally/follow-through.
- D. Loose grip for flexibility/considering serve mechanics, continental grip.
- E. Head/eyes up, ball toss out in front of body.
- F. High five concept, pronation of wrist and forearm.