Forehand Groundstroke

Set Position (Eastern Grip)
› Racquet back at the hip, butt cap of the racquet used as a guider (Tip of the racquet point directly back, top edge of the racquet coming first when contact is made)

Stance
› Closed stance meaning hips are facing away from the court, when contact is made the hips and the racquet are working together (Everything stays on one plain of the body)

Correct starting position & correct finishing
› Set position
Keeping mechanics simple and clean
› sets the tone to the whole stroke
› Control racquet head thru contact
› Contact lines up with front leg in closed stance
› Less going on the less that can go wrong
› Point A/ Point B/ Point C
Advanced Forehand
(New Modern Forehand)

Looping Forehand (Semi-Western Grip)
- Building momentum (same Momentum kinetics as throwing a baseball)
- Controlling the racquet with the non-dominant hand, pivot turn on the back leg making stance wanting to close naturally, generating spin, racquet head speed to make ball heavier
- Tip of the racquet is facing directly up on set position
- Before contact racquet head has to get under in order to generate spin
- Point the tip of the racquet at the ground before contact
- Timing your loop with the pace of the ball
- Top edge is leading
- Open stance or closed
- Driving up the ball to generate spin and more room for error
- Margin with spin
- Good starting position and elongated finish after contact
- Effortless power

http://www.youtube.com/watch?v=wJ6eXOLN-PI
Eastern Grip with non-dominant hand and continental Grip with dominant hand
Non-dominant hand is using, dominant hand is guiding
Non-dominant forehand
Racquet back at the hip, tip facing directly back, lining edges up in set position, top edge is leading at point of contact
Correct starting & finishing position
Point the butt cap of the racquet at the ball
Control the racquet head all the way through contact
Simple mechanics
Finish over dominant shoulder
Contact lines up with front leg
Effortless power
Let the left arm take over

http://www.youtube.com/watch?v=VeDAHThJ07g
Footwork on Groundstrokes

- Early feet position
- Feet set the tone to everything
- Good athletic load when moving
- Small little steps leading up into the ball
- Controlled movement (meaning staying on the ground, all of the power is generated on the ground)
- Feet don’t set until contact is made
- Quick lively active feet
- Use your speed don’t abuse it
- Always take quickest route to the ball, cut the angle off
- See the ball early with your feet
- On toes at all times once feet flatten out they are glued into the court
- Don’t be lazy move your Butt!!!!!!!
- Footwork goes along ways in tennis
**Do’s and Don’ts**

**DO**

- Head and body position is controlled when moving, simplified movement, stick to basic mechanics, let racquet take full control of swing, accelerate thru contact, controlled racquet head speed, hitting a ball of your ability, getting the racquet to the correct starting point before every ball, early movement in feet, good preparation of the racquet and feet

**DON’T**

- Jerky head and body movement when contact is being made, adding in variables to stroke, de-accelerate thru contact, hitting a ball out of your ability, being lazy with feet and stroke mechanics

  If you can focus on getting the racquet in set position for every ball and your feet in the correct position a lot less will go wrong
Volleys

FOREHAND VOLLEY
- Set position (Continental grip, set it in peripheral vision, racquet is above the wrist, keep the inside edge by the ear, contact is made when racquet is still moving, freezing & squeezing when contact is made)
- Extra simple on the volley
- Less time at the net, less take back
- Small window to work in
- Door in front and door in back racquet can only move in that small window
- Tuck the elbow in
- Opposite leg steps as contact is being made
- Power in volleys is in the stiffness of forearm and step

BACKHAND VOLLEY
- Same mechanics as forehand volley
- Set position (peripheral vision, same grip as backhand groundstroke if with two hands, one hand grip is in continental)
- Contact is made when arms are bent
- Opposite leg steps across and generates all of the power

http://www.youtube.com/watch?v=FXkTxF5rz6M
DO’s and Don’ts

Do

› simplified mechanics, keeping the inside edge of racquet by your ear, peripheral vision, short take back, squeezing and freezing the racquet at the point of contact
› Less racquet
› MORE feet!!!

DON’T

› Swinging
› not bringing the foot across
› taking the racquet back passed you’re shoulder
Serve

- Beginners
  Continental/ Eastern grip
  Back Scratch starting position, start with racquet tipping up to create momentum
  Elbow is facing backwards
- Toss
  Arm is straight/ lined up with front toe facing the sideline pole
  Ball is in finger tips
  Thumb is stabilizing finger on the toss
  Toss needs to be half a racquet length above the racquet, when racquet is standing up and arm is fully extended
  Higher the toss the room for margin
  Contact needs to be made at highest peak
  Picture a clock on top of players dominant shoulder and contact on serve and toss placement has to be made at noon.
  Finishing across body and in the pocket or holster
Intermediate/Advanced Serve

- Starting position out in front
- Weight on the front leg
- Relaxed in the hands
- When racquet goes down keep the racquet by your knees and feel like your chopping your toes off
- Weight gets transferred back to your back leg and as the racquet goes up everything goes up with it
- Everything has to work together on the serve (goes up together and comes down together)
- One extreme into the next (momentum build up)
- Effortless power
- Good usage of legs
- Load and explode
- Pronation on the flat serve
- Slice serve toss is more at 1 o’ clock/ get the outside of the ball
- Kick serve toss is more at 10

http://www.youtube.com/watch?v=kG WdoNobnCM
Single’s Strategy/Philosophy

- High percentage tennis
- Good net clearance/Room for error/Good margin
- Simple patterns
- Good variety
- Smart tennis
- Only hit a ball of your ability
- Good movement on and off the baseline
- Good positioning on the court
- Recovery
- Force pressure on your opponent
- Make players beat you, Never beat yourself
- Every ball has a purpose
Double’s Strategy/Philosophy

- Utilize the net person
- Poaching/ Faking/ Good activity at the net
- High percentage of points in doubles are won at the net
- Get the return crosscourt
- Simple patterns
- Make opponent's see your PRESENCE at the net
- Basic position in doubles one up one back
- Work as a team
- Good communication/ Early Communication
- Rubber band tied to both players feet
- Move together
- Mutual understanding of the court and who is going to cover certain balls
Court Position on baseline (DNA)

- Defensive area
  Deep on the baseline, outside of the court
  Good usage of height to by yourself time to get back in position
  10 ft of height
  - Neutral area/ Safe zone/ Home Bass
  Cushion off the baseline
  Comfortable point of contact
  5ft of height
  Time in tennis is needed
  Making the adjustment coming forward
  Its much easier to move forward then to move backwards
  Bad things occur when being pushed off your back foot
- Attacking area/ Dictating area
  Inside of the court
  Putting pressure on opponent
  Transition
  Approach shot big target make player hit a passing shot
Court Position at net (DNA)

- Defensive area
  Service line
  No mans land
  ➢ Neutral area
  Middle of the service box
  Make your feet less vulnerable as you come in
  Avoid getting a ball at your feet
  ➢ Attacking area
  Closing in at the net
  Bettering your feet position to hit a easier volley
Commonly used phrases in tennis

- Always put yourself in the best possible situation
- Don’t watch your ball after contact it is not that pretty
- Early recovery
- Move with the racquet in the correct position
- Explode out of your first step and save yourself that time to set up
- Good preparation of the racquet
High school philosophy on tennis

- Frequency
- You can only do so much in such a short time frame
- Tennis unlike most other sports is much more complex and there is several variables going on at once
- Keep things simple, don’t overload kids with too much info
- USTA
- Building a tennis community in your town or city
- Focus on 2 simple concepts during practice
- Make practice