

Components :

1. Preparation

- 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

2. 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



Components :

2. 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 and shot intent

3. Forwardswing

- Racquet and hands drop below the ball with



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Tennis Fundamentals: Yellow - Single-handed backhand

Components :

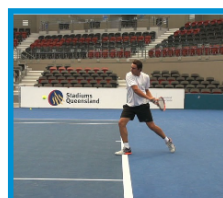
Stroke motion

3. 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

4. Contact

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

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Components :

4. Contact

- 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

5. Follow Through

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



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Tennis Fundamentals: Yellow - Single-handed backhand

Components :

Contact

5. Follow Through

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

6. Follow Through (Continued)

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

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Tennis Fundamentals: Yellow - Single-handed backhand

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5. Follow Through

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

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