

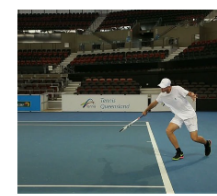
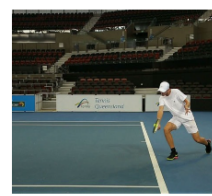
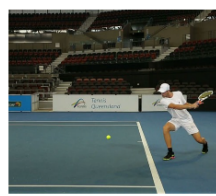
Components :

1. Preparation

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

2. 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



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- Back leg is loaded in preparation for (1) weight transfer, (2) balance and (3) adaptability in terms of Contact and shot intent

3. Forwardswing

- Racquet and hand begin above the ball
- Hands begin to separate
- Racquet trajectory follows a high to low swing



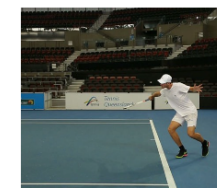
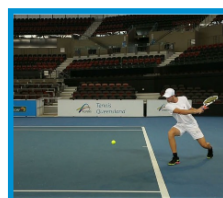
Components :

3. 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

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



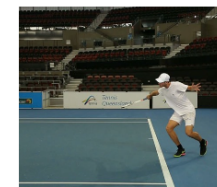
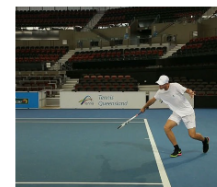
Components :

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

5. Follow Through

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



Components :

net

- Arms continue to separate

5. Follow Through

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

6. Follow Through (Continued)

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



Components :

net

- Arms continue to separate

5. Follow Through

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

6. Follow Through (Continued)

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

