

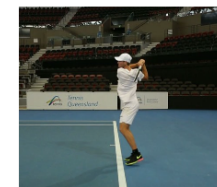
Components :

1. Preparation

- 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

2. 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



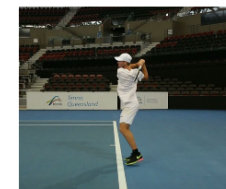
Components :

2. 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 and shot intent



3 Forwardswing



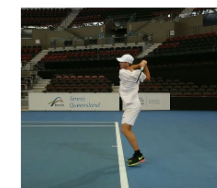
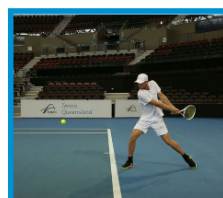
Components :

3. 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

4. Contact

- Contact made in front and to the side of the body



Components :

4. Contact

- 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

5. Follow Through

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

6. Follow Through (Continued)



Components :

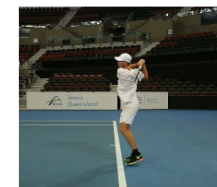
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6. Follow Through (Continued)

- Racquet finishes over the opposite shoulder



Components :

- Racquet face is vertical for a long hitting zone
- Hips and shoulders have rotated to face the net

5. Follow Through

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6. Follow Through (Continued)

- Racquet finishes over the opposite shoulder

