

Serve

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Forehand Groundstroke

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Volley

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Backhand Groundstroke

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Volley

(then Rally if you can return)

Serve

- Toss ball upwards and forward back scratch position and excel racket up to hit the ball
- Lean forward
- reach high to hit
- Continue swing after hit
- Follow through in direction of ball
- Continue swing after hit

Forehand Groundstroke

- Get in line as quickly as possible
- Turn body out as ball approaches taking racket head back and up early
- Right handers place left foot near bounce of ball
- Bring front arm slightly up and move smoothly through going from low to high
- Make contact in front of body at front with bent arm
- Follow through at same direction

Backhand Groundstroke

- Get in line as quickly as possible
- Turn body out as ball approaches taking racket head back with left hand and up early
- Right handers place right foot near bounce of ball
- Turn shoulders and hips to left and as racket reaches end of backswing it becomes the forward period
- Hit the ball as low as possible and transfer weight as the player makes contact slightly in front of front
- Follow through in the direction

Volley

- Knees bent
- Lean forward
- Short backswing
- Turn side to net
- Open racket head up and punch ball with tight grip
- Eyes level with ball
- Step forward with opposite foot and reach forward to hit
- Make contact at side
- Shorter swing after contact