

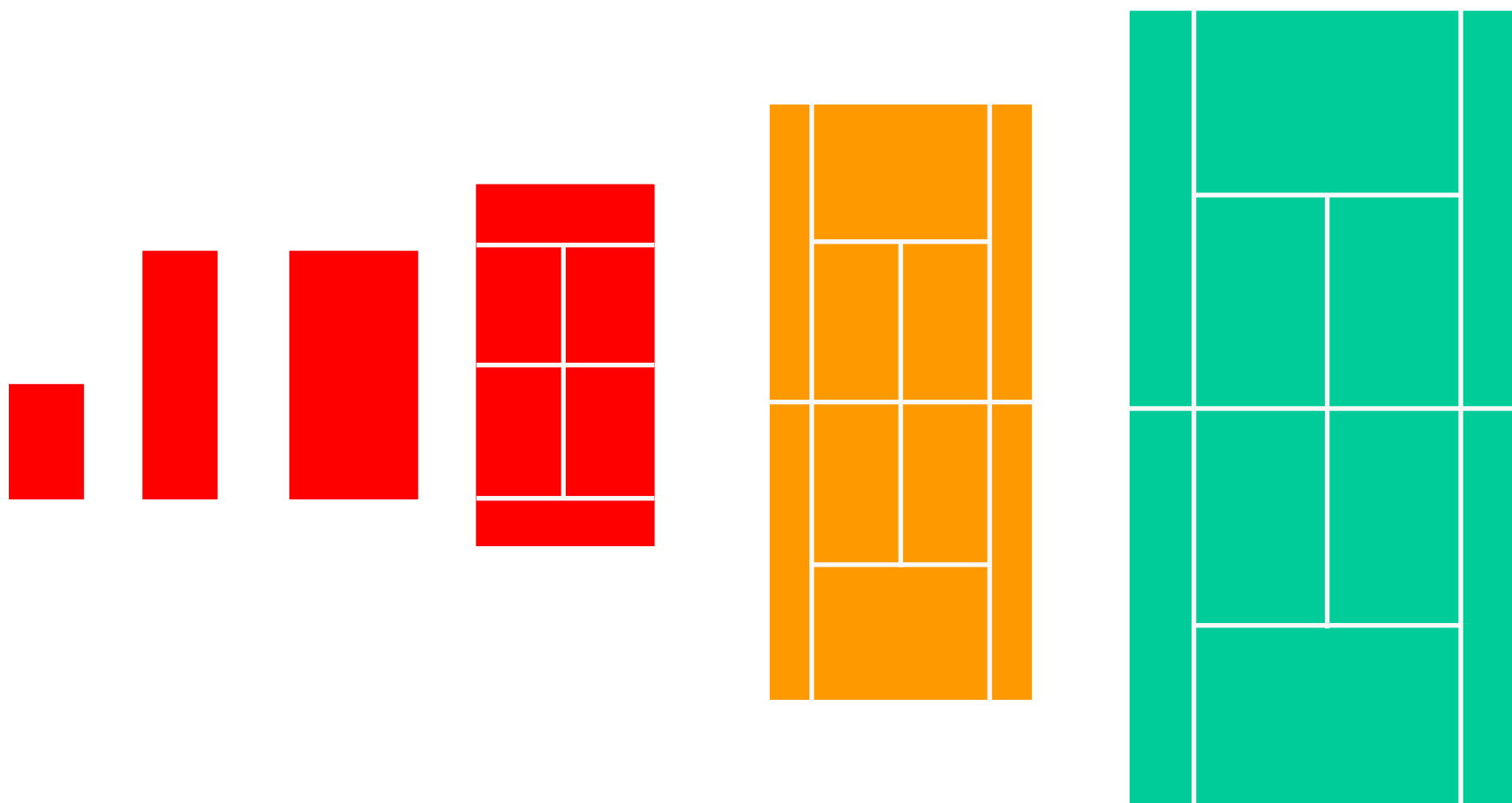
A female tennis player is captured in the middle of a backhand stroke. She is wearing a white sleeveless top, white shorts with blue stripes on the side, and a red cap. Her tennis racket, which has a blue and red frame, is positioned to hit a yellow tennis ball. The background is a solid blue color.

Technique 10&U

The use of Progressions in
Teaching Tennis Technique

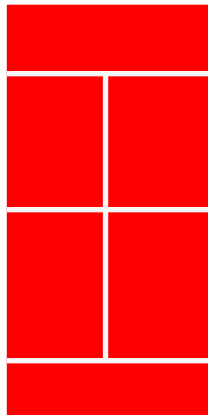
Club Tutor training 2008

Smaller Kids Smaller courts



Red court

- Simple preparation
- Follow through
- Co-ordination
- Learn while playing
- Fun



Red court FH 1



- **Player position**
- Starting position
- **Grip**
- Semi continental
- **Preparation**
- Starting Position = semi open stance with racket right behind contact point
- **Hitting zone**
- Contact point at hip height, to the racket side of the body and in front of the front foot
- Racket face wrist height on contact point
- Arm slightly bent, wrist in slight extension
- Push upwards from ready position
- **Follow through**
- No follow through
- **Key words, cues, tips**
- Push the ball upwards

Red court FH 2

Player position

- Starting position

Grip

- Semi continental

Preparation

- Starting Position = semi open stance with racket right behind contact point

Hitting zone

- Contact point at hip height, to the racket side of the body and in front of the front foot
- Racket face wrist height on contact point
- Arm slightly bent, wrist in slight extension
- Hit after Step in (Step and hit)
- Turn trunk forward until facing the net

Follow through

- Guide in stroke direction.
- Arm and wrist maintain CP position
- Finish in tip stance
- Balanced

Key words, cues, tips

- Push the ball upwards



RED court FH 3

Player position

- Ready position

Grip

- Semi continental

Preparation

- Splitstep
- From RP
- Early preparation with a unit turn to start position
- → open hip and turn shoulders at the same time

Hitting zone

- Contact point at hip height, to the racket side of the body and in front of the front foot
- Racket face wrist height on contact point
- Arm slightly bent, wrist in slight extension
- Hit after stepping in the stroke direction (step and hit)
- Turn trunk forward until facing the stroke direction

Follow through

- Guide in stroke direction up till left eye height
- Arm and wrist in CP position
- Finish in tip stance
- Balanced

Key words, cues, tips

- Guiding in the stroke direction



Red court FH 4

Player position

- Ready position

Grip

- Eastern forehand

Preparation

- Split step
- Unit turn to start side movement
- Direct, compact preparation
- Racket face slightly upwards
- Back foot behind the ball and perpendicular with the stroke direction
- Turn trunk until facing stroke direction

Hitting zone

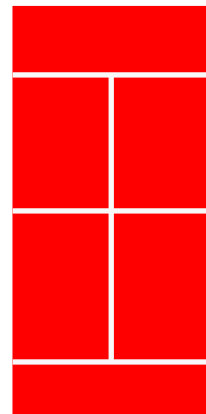
- Step in stroke direction to initialize hitting phase
- Drop racket first to accelerate upwards to contact point
- Arm slightly bent at contact
- Contact point at hip height, to the racket side of the body and in front of the front foot

Follow through

- Guide in stroke direction up till eye height
- Elbow stays in stroke direction.
- Finish in tip stance
- Balanced

Key words, cues, tips

- Hit with direct preparation



RED court BH 1



Player position

- Starting position

Grip

- Continental

Preparation

- Starting Position = semi open stance with racket right behind contact point

Hitting zone

- Contact point at hip height, to the racket side of the body and in front of the front foot
- Racket face wrist height on contact point
- Straight arm, firm wrist
- Push upwards from ready position

Follow through

- No follow through

Key words, cues, tips

- Push the ball upwards

RED court BH 2



Player position

- Starting position

Grip

- Continental

Preparation

- Starting Position = semi open stance with racket right behind contact point

Hitting zone

- Contact point at hip height, to the racket side of the body and in front of the front foot
- Racket face wrist height on contact point
- Straight arm, firm wrist
- Step in and hit
- Trunk stays perpendicular to the net

Follow through

- Guide upwards up till head height
- Arm and wrist maintain CP position
- Finish in tip stance
- Balanced

Key words, cues, tips

- Guide the ball

RED court BH 3

Player position

- Ready position

Grip

- Continental

Preparation

- Splitstep
- From RP (FH grip) with a unit turn to ready position
- → open hip and turn shoulders at the same time
- Grip change from FH to continental
- Early preparation for loaded position

Hitting zone

- Step in and hit
- Contact point at hip height, to the racket side of the body and in front of the front foot
- Racket face wrist height on contact point
- Straight arm, firm wrist
- Trunk stays perpendicular to the net

Follow through

- Guide upwards up till head height
- Arm and wrist maintain CP position
- Finish in tip stance
- Balanced

Key words, cues, tips

- Push the ball upwards



RED court BH 4

Player position

- Ready position

Grip

- Full Continental

Preparation

- Unit turn from RP to start movement and grip
- Direct, compact preparation
- Racket face horizontal or slightly upwards at the end of the preparation
- Back foot behind the ball and perpendicular to the stroke direction

Hitting zone

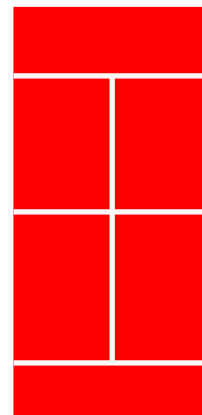
- Step in stroke direction to initialize hitting phase
- Drop racket first to accelerate upwards to contact point
- Straight arm, CP hip height in front of the front foot

Follow through

- Guide up till head height, racket face rising above the hand
- Shoulder line parallel with the stroke direction
- Finish in tip stance
- Balanced

Key words, cues, tips

- Hit with direct preparation



RED court BH 2 - 3

Court position

- Starting position

Grip

- Dominant hand = continental
- Non dominant hand = semi continental
- Hands close to each other

Preparation

- Splitstep
- From RP (FH grip) with a unit turn to starting position
- → open hip and turn shoulders at the same time
- Racket right behind contact point
- Grip change
- Early preparation to loaded position

Hitting zone

- Contact point at hip height, to the racket side of the body and in front
- Step in and hit
- Turn trunk forward until facing the net

Follow through

- Guide in stroke direction until left right eye height with left hand
- Arm and wrist maintain CP position
- Finish in tip stance (trunk facing the net)
- Balanced

Key words, cues, tips

Push the ball with guidance

RED court BH 2 – 4

Player position

- Starting position

Grip

- Unit turn from RP to start movement and grip
- Direct, compact preparation
- Racket phase horizontal or slightly upwards (end of preparation)

Preparation

- Back foot behind the ball and perpendicular to the stroke direction
- Turn trunk depending on the stroke direction

Hitting zone

- Step in stroke direction to initialize hitting phase
- Drop racket first to accelerate upwards and forwards to contact point
- Contact point in function of stroke direction

Follow through

- Guide in stroke direction until right ear height with left hand
- Elbow of the left arm points in the stroke direction, upper arm horizontal or slightly above right shoulder
- Finish in tip stance (trunk facing the net)
- Balanced

Key words, cues, tips

- Hit the ball after straight preparation



RED court FV 1

Player position

- Starting position volley

Grip

- Semi continental

Step out

- Starting Position = semi open stance with racket right behind contact point

Step in

- Play the ball from the starting position
- Contact point shoulder height, in front of the body
- Racket face above the wrist in a 45 ° angle
- Racket face slightly open
- Trunk slightly in front and turned away at least 45° from the net.
- Firm wrist, slightly bent backwards
- Play the ball in starting position

Follow through

- Stay in starting position, racket stops right after contact point

Key words, cues, tips

- Push the ball in the air



RED court FV2

Player position

- Starting position volley

Grip

- Semi continental

Step out

- Splitstep
- From RP
- Early preparation with a unit turn to start position
- → open hip and turn shoulders at the same time
- Slight grip change
- Racket right behind contact point

Step in

- Play the ball from the starting position
- Contact point shoulder height, in front of the body
- Racket face above the wrist in a 45 ° angle
- Racket face slightly open
- Trunk slightly in front and turned away at least 45° from the net.
- Firm wrist, slightly bent backwards
- Step in during the volley when you have the time (search for the ball)
- Front leg slightly bent, weight on the front foot

Follow through

- Straight stance, racket slightly further than contact point

Key words, cues, tips

Push the ball in the air after stepping in

RED court FV 3

Player position

- Ready position volley

Grip

- Semi continental

Step out

- Unit turn from RP to SP
- Turn leg and shoulders at the same time
- Slight grip change
- (when running forward: turn your shoulders while running with right foot behind the ball and perpendicular with the stroke direction.

Step in

- Make contact at shoulder height in front of your body
- Racket face above the wrist in a 45° angle
- Firm wrist, bent slightly backwards
- Step in during the volley when you have the time
- Front leg slightly bent, weight on the front foot
- (when running forward: move forward during the contact while keeping trunk and wrist stable)

Follow through

- Strings point in the stroke direction
- Racket slightly further than contact point (maintaining the CP position)
- (When running forward: weight transfer THROUGH the ball)

Key words, cues, tips

- Guide the ball in the air with forward weight transfer



RED court BV 1

Player position

- Starting position volley

Grip

- Continental

Step out

- Starting Position = semi open stance with racket right behind contact point

Step in

- Play the ball from the starting position
- Contact point shoulder height, in front of the body
- Racket face above the wrist in a 45 ° angle
- Racket face slightly open
- Trunk slightly in front and turned away at least 45° from the net.
- Firm straight wrist, slightly bent elbow
- Play the ball in starting position

Step through

- Stay in starting position, racket stops right after contact point

Key words, cues, tips

- Push the ball in the air



RED court BV 2

Player position

- Ready position volley

Grip

- Continental

Step out

- Split step
- From RP
- Early preparation with a unit turn to start position
- → open hip and turn shoulders at the same time
- Racket right behind contact point

Step in

- Play the ball from the starting position
- Contact point shoulder height
- Racket face above the wrist diagonally upwards
- Racket face slightly open
- Trunk slightly in front and turned away at least 45° from the net.
- Firm straight wrist, slightly bent elbow
- Step in during the volley when you have the time (search for the ball)
- Front leg slightly bent, weight on the front foot

Step through

- Straight stance, racket slightly further than contact point

Key words, cues, tips

- Push the ball in the air after stepping in



RED court BV 3

Player position

- Ready position volley

Grip

- Continental

Step out

- Unit turn from RP to SP
- Turn leg and shoulders at the same time
- Slight grip change
- Left hand supports the heart of the racket
- Left foot behind the ball, perpendicular to the stroke direction

Step in

- Make firm contact at shoulder height, in front of your body
- Racket face above the wrist, pointing diagonally upwards
- Stable trunk, slightly in front and rotated further away from the net than in the forehand volley
- Step in during the volley when you have the time
- Front leg slightly bent, weight on the front foot
- (when running forward: move forward during the contact while keeping trunk and wrist stable)

Step through

- Strings point in the stroke direction
- Racket slightly further than contact point (maintaining the CP position)
- Shoulder line parallel with the stroke direction
- (When running forward: weight transfer THROUGH the ball)

Key words, cues, tips

- Guide the ball in the air with forward weight transfer



RED court S 1

Player position

- Facing the net

Grip

- Semi continental

Preparation

- Hold the ball with the fingers (hand under the ball)
- Throw the ball with a straight arm, in front of the body
- Trunk facing the net, feet at shoulder width
- (A) Place the ball and push upwards from a slightly bent arm with high racket
- (B) Place the ball and push upwards from a slightly bent arm starting with the hand next to the right ear and the racket pointing backwards
- Contact point above the head
- Arm almost straight at contact point
- Keep facing the net with feet shoulder width apart

Hitting zone

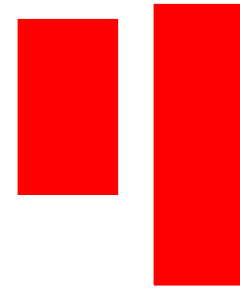
- Contact point above the head
- Arm almost straight at contact point
- Keep facing the net with feet shoulder width apart

Follow through

- No follow through yet, racket finishing upwards

Key words, cues, tips

- ?



“Initiation” (contact phase)



TOSS & CONTACT : STARTING POSITION = FRONTAL

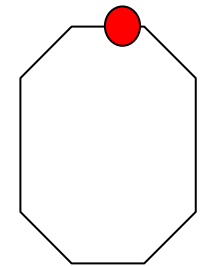
→ Racket points up

→ Semi-continental grip

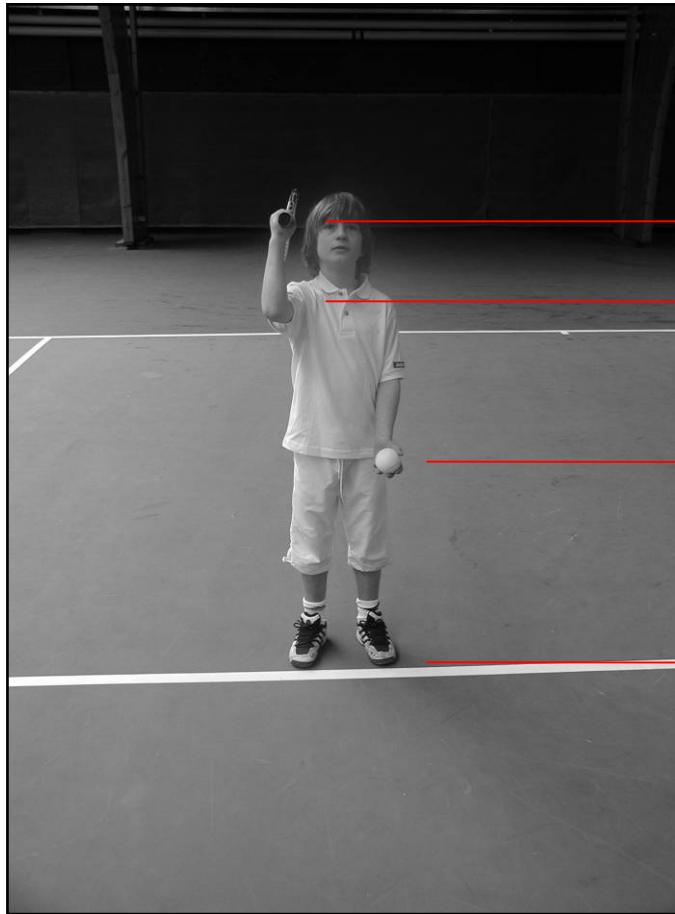
→ Hitting arm slightly bent

→ Hold ball between fingers
hand under ball

→ Frontal stance,
feet shoulder-width apart



“Initiation” (push phase)



TOSS & PUSH

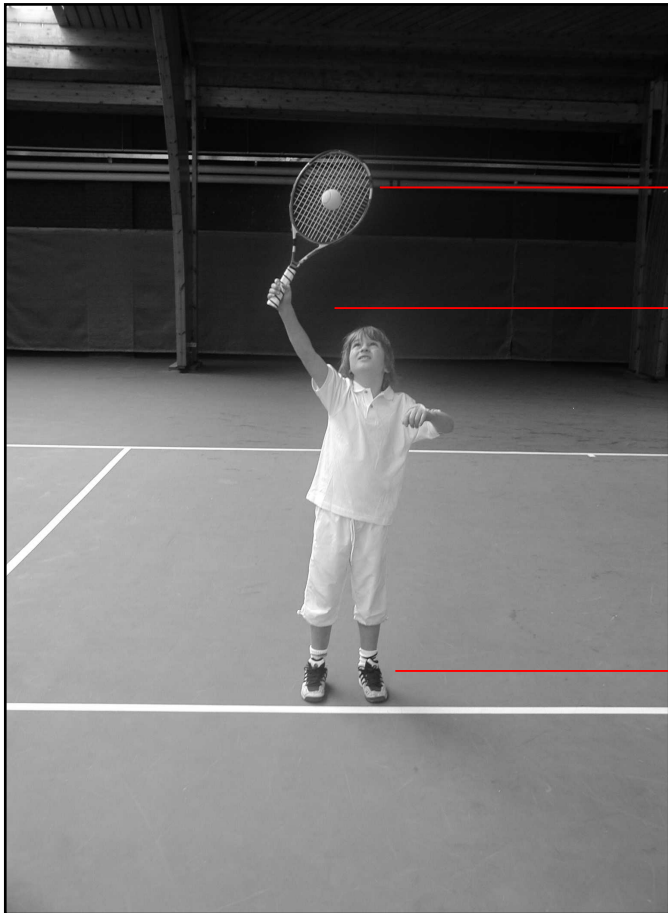
Semi-continental grip, racket points backwards

Hitting arm = bent, hand beside ear

Hold ball between fingers, hand under ball

Frontal stance,
Feet shoulder-width apart

“Initiation” (push phase)



CONTACT POINT

→ Above head

→ Hitting arm almost stretched

→ Frontal stance,
Feet shoulder width-apart

Progressive technique

- Unisegment
 - Develop leg drive
 - Closed stance
 - Low contact points
 - Neutral grips
- Multisegment
 - Develop rotation speed
 - Half open to open stance
 - Higher contact points
 - Closing the grip