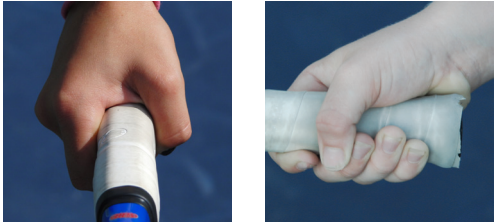


# THE SERVE



## GRIP

The player should use a Continental grip for the serve and overhead. This grip allows players to make contact with the ball at full extension, allows the wrist to relax and aids in creating spin.



## PREPARATION

The feet should be shoulder width apart with the front foot pointing toward the corresponding net post, right post for right-handers, left post for left-handers, and the back foot parallel with the baseline. The racquet should be supported at the throat with the non-dominant hand and the dominant hand should be in a relaxed Continental grip. The toss release should occur above the head and follow in line in front of the forward foot.



## SWING PATH

Both arms will drop down and swing up together. The non-dominant hand tosses the ball in position and the racquet head drops down to the hitting position where the tip of the racquet points toward the ground. The racquet arm elbow leads forward and up and the racquet follows, accelerating to the contact at full extension above and slightly in front of the body, finishing down and across the body.

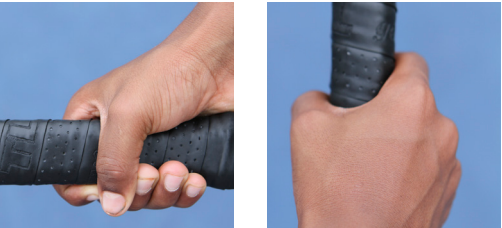


# THE VOLLEY



## GRIP

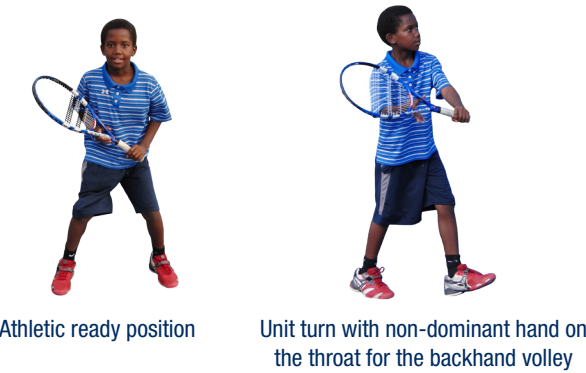
The Continental grip should be used for both the forehand and backhand volley. This grip is half way between the Eastern forehand and Eastern backhand grip. This grip can also be used for the overhead.



Continental Grip

## PREPARATION

Preparation at the net begins with an athletic ready position with eyes forward, racquet in front at eye level, knees flexed, weight forward and feet slightly wider than shoulder width. A split step is made as the opponent contacts the ball and the body and racquet move together as a unit sideways so that the strings of the racquet face the ball. The non-dominant hand helps set the racquet face behind the ball on the backhand side.



## SWING PATH

The swing path moves in a straight line from slightly above the contact point to a position above the net. The racquet face is slightly open when contact is made from below the top of the net.



The swing path is linear starting just above the point of contact and finishing at net level

GRIPS, PREPARATION  
AND SWING PATH





# THE FOREHAND



## EASTERN FOREHAND GRIP



### GRIP

The player should use a grip close to the Eastern forehand grip when learning the forehand. The non-dominant hand is used to change the grip from the forehand to the backhand during play.



Player finding the Eastern Grip during the unit-turn using the non-dominant hand

### PREPARATION

Preparation begins with an athletic ready position with the head and eyes forward, knees slightly flexed and the weight on the forward part of the feet. The racquet is held in front of the body with the dominant hand in a forehand grip and the non-dominant hand supporting the racquet at the throat. The racquet begins to move back from the ready position as the hips and shoulders turn to the side (unit turn). The racquet will continue to stay above the hand as it moves into position.



Athletic ready position



Preparation with a square stance and racket head above the hand

### SWING PATH

The path of the swing is a loop where the racquet moves in a fluid manner above the hands as the body rotates to the side. The racquet head then drops below the ball and accelerates through the point of contact far enough away from the body so that the swing can extend comfortably through the ball and toward the net. The follow-through will finish from between the waist to over the shoulder.

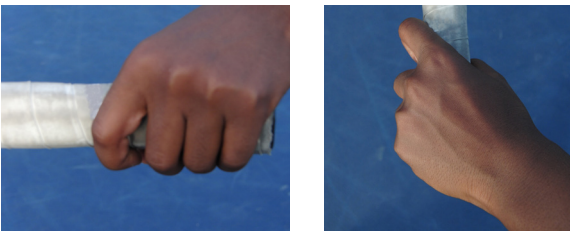


The swing path is a loop starting above the hand, dropping below the ball and rising through the point of contact to extension

# THE ONE HANDED BACKHAND



## ONE HANDED BACKHAND (FOR LEFT HANDED PLAYER) EASTERN BACKHAND GRIP



### GRIP

The player should use an Eastern backhand grip for a one-handed backhand. The non-dominant hand is used to change the grip from the forehand to the backhand during play.



Player finding the Eastern Backhand grip during the unit-turn using the non-dominant hand at the throat

### PREPARATION

Preparation begins with an athletic ready position with the head and eyes forward, knees slightly flexed and the weight on the forward part of the feet. The racquet is held in front of the body with the dominant hand in a forehand grip and the non-dominant hand supporting the racquet at the throat. During the unit turn the dominant hand moves to an Eastern backhand grip.



Athletic ready position



Preparation with a square stance and racket head above the hand

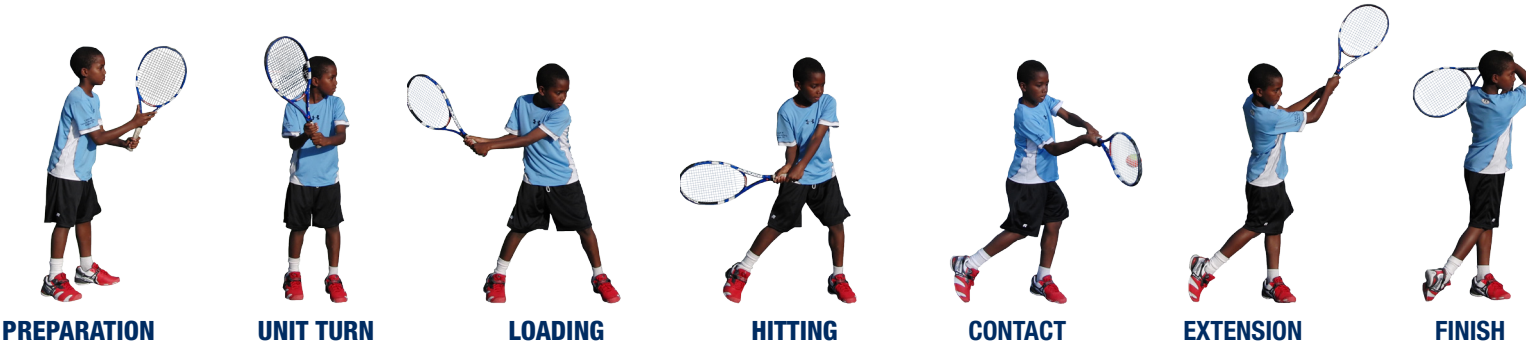
### SWING PATH

The path of the swing is a loop where the racquet moves in a fluid manner above the hands as the body rotates to the side. The racquet head then drops below the ball, the non-dominant hand releases and the racquet accelerates through the point of contact far enough away from the body so that the swing can extend comfortably through the ball and toward the net.

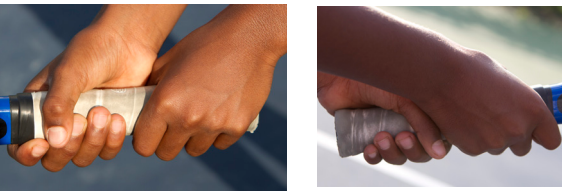


The swing path is a loop starting above the hand, dropping below the ball and rising through the point of contact to extension

# THE TWO HANDED BACKHAND



## TWO HANDED BACKHAND (FOR LEFT HANDED PLAYER)



Eastern Grip on top Continental on Bottom

### GRIP

The player should use a grip close to Eastern for the top hand and a grip close to Continental on the bottom hand. The non dominant hand on the throat of the racquet is also used to change the grip from the forehand to backhand during play.



Player has taken the right hand off the throat and has both backhand grips set as he begins the unit turn

### PREPARATION

Preparation begins with an athletic ready position with the head and eyes forward, knees slightly flexed and the weight on the forward part of the feet. The racquet is held in front of the body with the dominant hand in a forehand grip and the non-dominant hand supporting the racquet at the throat. During the unit turn the dominant hand moves to an Eastern backhand grip.



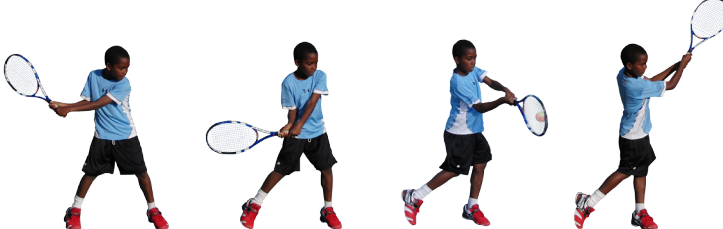
Athletic ready position



Preparation with a square stance and racket head above the hand

### SWING PATH

The path of the swing is a loop where the racquet moves in a fluid manner above the hands as the body rotates to the side. The racquet head then drops below the ball, the non-dominant hand releases and the racquet accelerates through the point of contact far enough away from the body so that the swing can extend comfortably through the ball and toward the net.



The swing path is a loop starting above the hand, dropping below the ball and rising through the point of contact to extension