



ADVANCED STROKE TECHNIQUES: Backhand

Level II Coaches Course



By the end of this session you should be able to:

- understand the fundamentals of the different backhand variations used by advanced players
- understand the advantages and disadvantages of the use of each shot
- explain and teach these shots to players



BACKHAND Changes

SWINGING
MOVEMENT




THROWING
MOVEMENT

Reasons: rackets, grips, stances, fitness level...



BACKHAND

Grips & Variations

- Eastern
 - Extreme
 - Continental
 - Two-handed
(3 types of grips)
- 
- Flat/Slice/Topspin
 - Topspin
 - Slice/Flat
 - Topspin /Flat/Slice



TWO HANDED BACKHAND

Preparation and backswing

- Automatic takeback and shoulder turn
- Backwards rotation of hips and trunk
- Step forward ---> linear momentum
- Racket loop behind the body



TWO HANDED BACKHAND

Forward swing and contact

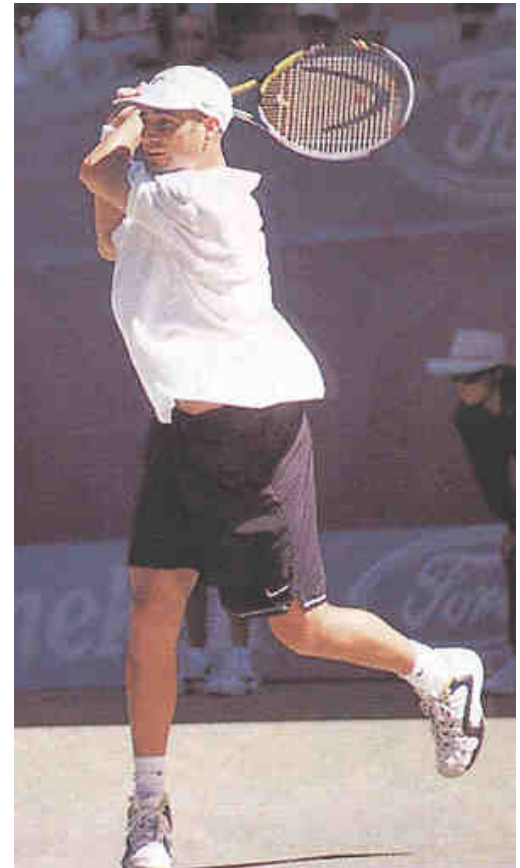
- Hips cause the trunk to rotate
- Both arms rotate with the trunk
- Little movement of the elbows or wrist prior to impact
- Impact in front of the front foot, open stance
- Racket head vertical and parallel to the ground



TWO HANDED BACKHAND

Follow through

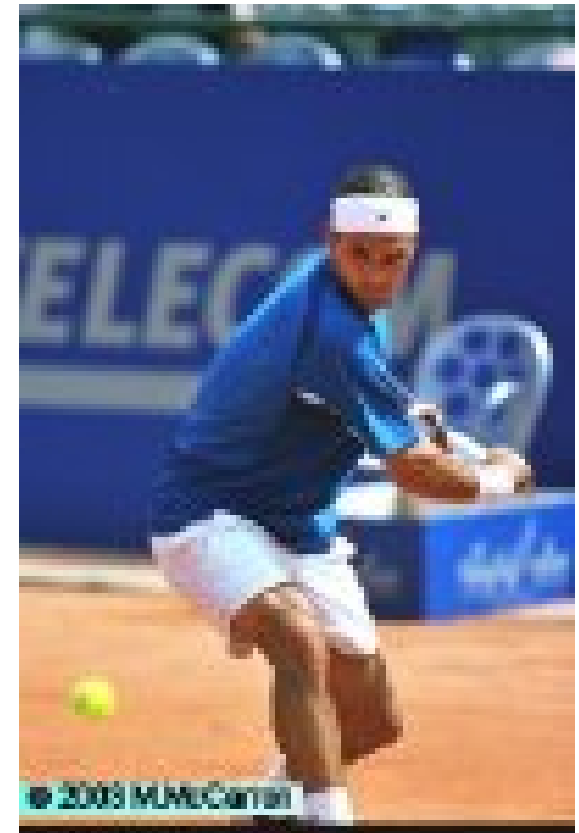
- Individual
- Wrap the arm and the racket over the shoulder



ONE HANDED TOPSPIN BH

Preparation and backswing

- Synchrony: Pivot, hand and shoulder turn together
- Various types of backswing:
 - Half U loop
 - Normal loop
- End of the backswing: knee flexion and racket head at shoulder height
- Weight transference moving onto back foot
- Racket drops below the height of the



ONE HANDED TOPSPIN BH

Forward swing and contact

- Step towards the ball
- Knee extension --> low to high swing
- Hip lifts and turns --> shoulder lifts
- Trunk rotates
- Elbow is flexed first and then extends
- Impact in front of the front foot, racket face vertical and parallel to the ground



ONE HANDED TOPSPIN BH

Follow through

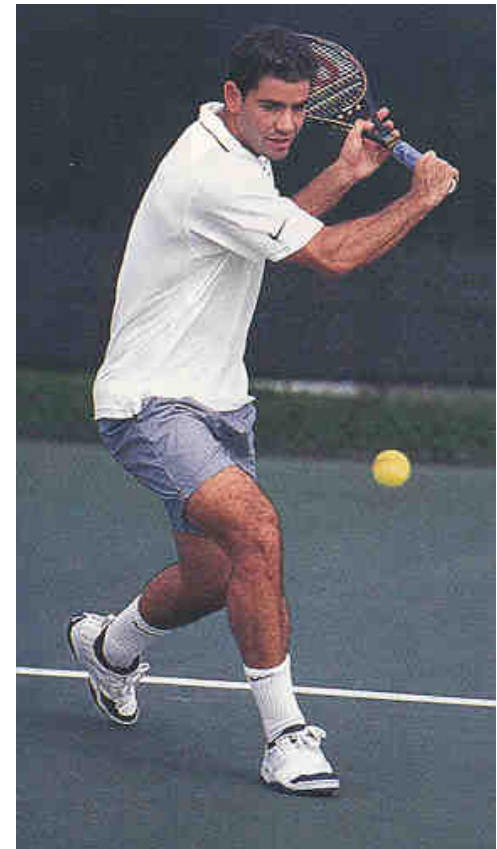
- Upward path on the left of the hitting arm
- Racket head above the wrist
- Back foot comes round and ends up level with the front foot (deceleration!)



SLICE BACKHAND

Preparation and Backswing

- Upper body rotates, back and up movement
- Body weight backwards and upwards
- Non-playing hand takes the racket back
- Elbow flexed at the end
- Racket face parallel to the ground and at shoulder level



SLICE BACKHAND

Forward swing and contact

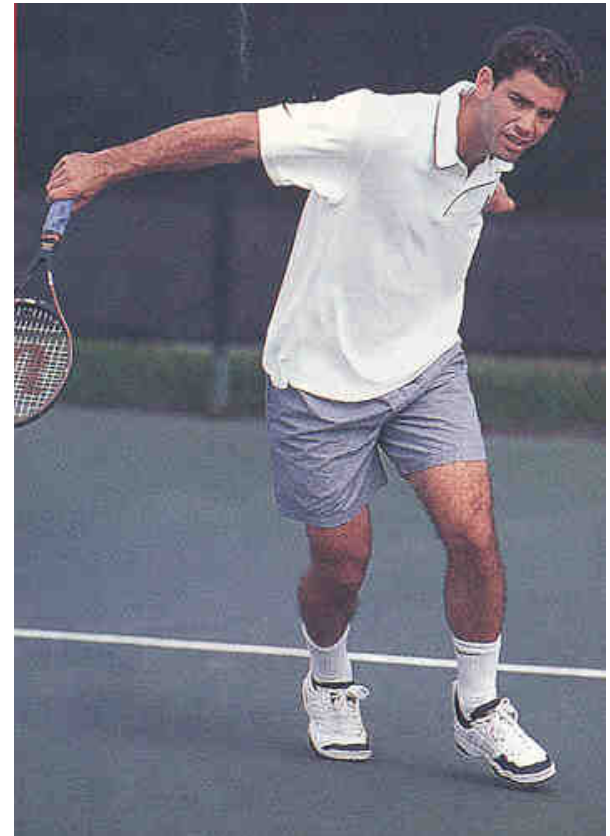
- Movement from top back to bottom front
- Non-playing hand releases the racket and goes backwards
- Body weight shifted downwards and forwards
- Elbow extended, wrist firm and racket face slightly open



SLICE BACKHAND

Follow through

- Individual
- Continue further down and forward
- Ending with the racket and arm at shoulder level



Thank you!

Questions?

