



ADVANCED STROKE TECHNIQUES: Forehand

Level II Coaches Course



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

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



FOREHAND Changes

SWINGING
MOVEMENT




THROWING
MOVEMENT

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



FOREHAND

Grips & Variations

- Eastern
 - Semi-western
 - Western
 - Two-handed
 - Continental
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- Flat/Topspin
 - Topspin/Flat
 - Excessive Topspin
 - Flat/Topspin
 - Slice



FOREHAND

Preparation and backswing

- Various types of backswing (eg.):
 - Racket lifted in a loop
 - Racket drops below the waist before lifting
- Synchrony: Pivot, lifting of the elbow and shoulder turn (left hand pushes)
- Weight transference moving onto the back foot
- End of the backswing: knee flexion and racket head higher than the elbow



FOREHAND

Forward swing and contact

- Swing from back to front
- Body weight transfers forwards onto the front foot
- Knee extension --> low to high swing
- Hip lifts and turns --> shoulder lifts



FOREHAND

Forward swing and contact

- Contact zone to the side of the body and over the front foot, semi-closed stance
- Trunk rotates
- Wrist: first close to the body for control, then increases its velocity



FOREHAND

Follow through

- Player remains sideways to the net
- Racket head moving out in the direction of the ball
- Racket head finishes high wrapping around the other shoulder



Thank you!

Questions?

