



ADVANCED STROKE TECHNIQUES: Grips

Level II Coaches Course



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

- understand the grips used by advanced players
- understand the advantages and disadvantages of the use of each grip
- explain and teach the grips to players
- show the effects of grip changes on stroke production



FOREHAND GRIPS

- Eastern
- Semi-western
- Western
- Two-handed
- Continental



EASTERN FOREHAND GRIP

- Most classical forehand grip
- FH can be hit with any stance between a semi-closed or full open stance
- Contact point is lower and further from the body than for the Semi-Western or Western grip
- Encourages flat or slightly topspin shot



SEMI-WESTERN FOREHAND Grip

- This grip produces two important features:
 - 1. A laying back of the wrist, and
 - 2. A closing of the racket face on both the backswing and forward swing.
- It is usually played with a stance between semi open to a full open stance



WESTERN FOREHAND GRIP

- FH hit with a full open stance
- contact point is higher and closer to the body than for the Eastern or Semi-Western
- Leads to excessive topspin
- Ideal for high balls (above shoulder)
- Difficulties in playing low balls
- Grip is more suited to slower courts



TWO-HANDED FOREHAND Grip

- Accepted due to the success of famous players (Seles, Black, Mayer)
- Players need to be fast enough to make up for any lack of reach associated with the stroke
- Dominant hand is placed at the bottom of the handle with an Eastern or Semi-Western forehand grip



CONTINENTAL GRIP

- More usually used for serving, volleying and smashing
- It is not necessary to change grips between FH & BH (volleys)
- Permits maximum wrist flexion and produces slice on the ball (serve and smash)
- Used in all other shots that are variations of the basic strokes i.e. drop-shots, stop-volleys, low volleys, etc.



CONTINENTAL GRIP (II)

- Not very common for FH because it is difficult to deal with high balls
- Ball is usually hit slightly “late” which causes a lack of power
- Can be used for the slice forehand, usually played on grass, and for the blocked forehand return



BACKHAND GRIPS

- Eastern
- Extreme backhand
- Continental
- Two handed



EASTERN BACKHAND GRIP

- Most popular grip for the one handed backhand among top players
- Knuckle of the first finger is on top of the racket
- It ensures that the racket face is vertical at impact whilst leaving the wrist in a comfortable and strong position



EXTREME BACKHAND GRIP

- Advantages of having the wrist behind the grip include being able to:
 - hit a ball chest high or above
 - hit a ball on the rise, and
 - hit a ball bouncing at the normal height
- The disadvantages include playing low balls and return of service on fast courts



BACKHAND CONTINENTAL

- Used in the past by some top players
- Wrist leading the racket in order to have the racket face vertical at impact and to allow the recommended swing pattern
- To hit flat or topspin, the player needs quite strong wrists as well as excellent timing
- Rarely used for one handed backhands in today's game



TWO HANDED BACKHAND

- Two Eastern forehands (left hand dominant)
- Conventional BH grip for the lower hand and an Eastern FH grip for the upper one (right hand dominant)



SERVE, VOLLEYS, SMASH Grips

- Continental
- In between Eastern FH and continental (serve)
- Eastern FH or BH (volleys)

