

Fundamentals to Tennis & Basic Techniques



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Head Teaching Pro YTC



Forehand Groundstroke

Set Position (Eastern Grip)

- ▶ Racquet back at the hip, butt cap of the racquet used as a guider (Tip of the racquet point directly back, top edge of the racquet coming first when contact is made)

Stance

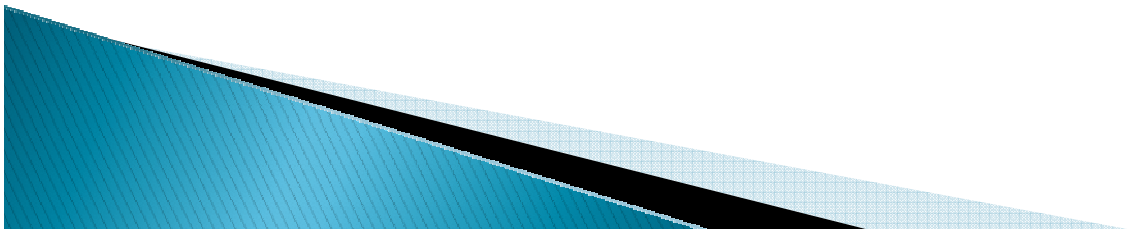
- ▶ Closed stance meaning hips are facing away from the court, when contact is made the hips and the racquet are working together (Everything stays on one plain of the body)

Correct starting position & correct finishing

- ▶ Set position

Keeping mechanics simple and clean

- ▶ sets the tone to the whole stroke
- ▶ Control racquet head thru contact
- ▶ Contact lines up with front leg in closed stance
- ▶ Less going on the less that can go wrong
- ▶ Point A/ Point B/ Point C



<http://www.youtube.com/watch?v=wJ6eXOLN-PI>

Advanced Forehand (New Modern Forehand)

Looping Forehand (Semi- Western Grip)

- ▶ Building momentum (same Momentum kinetics as throwing a baseball)
- ▶ controlling the racquet with the non dominant hand, pivot turn on the back leg making stance wanting to close naturally, generating spin, racquet head speed to make ball heavier
- ▶ Tip of the racquet is facing directly up on set position
- ▶ Before contact racquet head has to get under in order to generate spin
- ▶ Point the tip of the racquet at the ground before contact
- ▶ Timing your loop with the pace of the ball
- ▶ Top edge is leading
- ▶ Open stance or closed
- ▶ Driving up the ball to generate spin and more room for error
- ▶ Margin with spin
- ▶ Good starting position and elongated finish after contact
- ▶ Effortless power



<http://www.youtube.com/watch?v=VeIAHThJ07g>

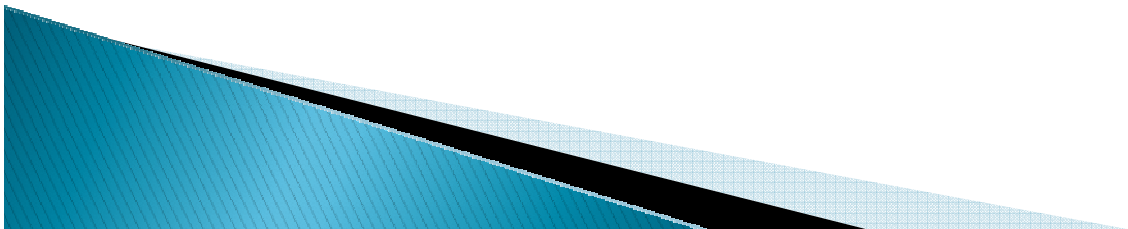
Backhand Groundstroke

- ▶ Eastern Grip with non-dominant hand and continental Grip with dominant hand
- ▶ Non- dominant hand is using, dominant hand is guiding
- ▶ Non-dominant forehand
- ▶ Racquet back at the hip, tip facing directly back, lining edges up in set position, top edge is leading at point of contact
- ▶ Correct starting & finishing position
- ▶ Point the butt cap of the racquet at the ball
- ▶ Control the racquet head all the way through contact
- ▶ Simple mechanics
- ▶ Finish over dominant shoulder
- ▶ Contact lines up with front leg
- ▶ Effortless power
- ▶ Let the left arm take over



Footwork on Groundstrokes

- ▶ Early feet position
- ▶ Feet set the tone to everything
- ▶ Good athletic load when moving
- ▶ Small little steps leading up into the ball
- ▶ Controlled movement (meaning staying on the ground, all of the power is generated on the ground)
- ▶ Feet don't set until contact is made
- ▶ Quick lively active feet
- ▶ Use your speed don't abuse it
- ▶ Always take quickest route to the ball, cut the angle off
- ▶ See the ball early with your feet
- ▶ On toes at all times once feet flatten out they are glued into the court
- ▶ Don't be lazy move your Butt!!!!!!!
- ▶ Footwork goes along ways in tennis



Do's and Don'ts

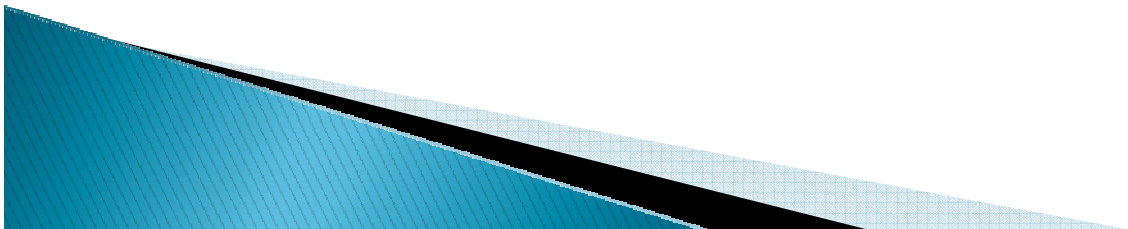
DO

▶ Head and body position is controlled when moving, simplified movement, stick to basic mechanics, let racquet take full control of swing, accelerate thru contact, controlled racquet head speed, hitting a ball of your ability, getting the racquet to the correct starting point before every ball, early movement in feet, good preparation of the racquet and feet

DON'T

▶ Jerky head and body movement when contact is being made, adding in variables to stroke, de-accelerate thru contact, hitting a ball out of your ability, being lazy with feet and stroke mechanics

**If you can focus on getting the racquet in set position for every ball and your feet in the correct position
a lot less will go wrong**



<http://www.youtube.com/watch?v=FXkTxF5rz6M>

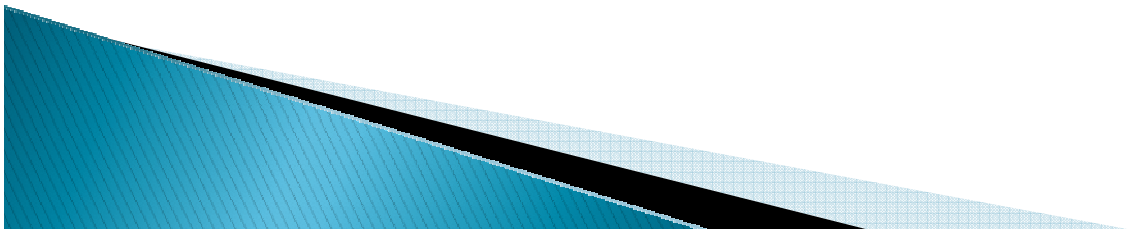
Volleys

FOREHAND VOLLEY

- ▶ Set position (Continental grip, set it in peripheral vision, racquet is above the wrist, keep the inside edge by the ear, contact is made when racquet is still moving, freezing & squeezing when contact is made)
- ▶ Extra simple on the volley
- ▶ Less time at the net, less take back
- ▶ Small window to work in
- ▶ Door in front and door in back racquet can only move in that small window
- ▶ Tuck the elbow in
- ▶ Opposite leg steps as contact is being made
- ▶ Power in volleys is in the stiffness of forearm and step

BACKHAND VOLLEY

- Same mechanics as forehand volley
- Set position (peripheral vision, same grip as backhand groundstroke if with two hands, one hand grip is in continental)
- Contact is made when arms are bent
- Opposite leg steps across and generates all of the power



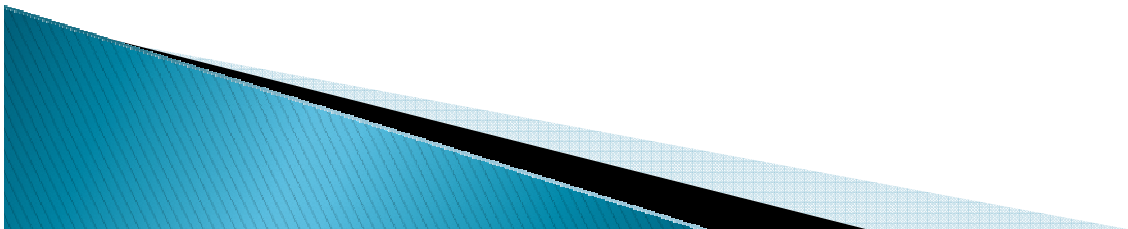
DO's and Don'ts

Do

- ▶ simplified mechanics , keeping the inside edge of racquet by your ear, peripheral vision, short take back, squeezing and freezing the racquet at the point of contact
- ▶ Less racquet
- ▶ MORE feet!!!

DON'T

- ▶ Swinging
- ▶ not bringing the foot across
- ▶ taking the racquet back passed you're shoulder



Serve

- ▶ Beginners

Continental/ Eastern grip

Back Scratch starting position, start with racquet tipping up to create momentum

Elbow is facing backwards

- Toss

Arm is straight/ lined up with front toe facing the sideline pole

Ball is in finger tips

Thumb is stabilizing finger on the toss

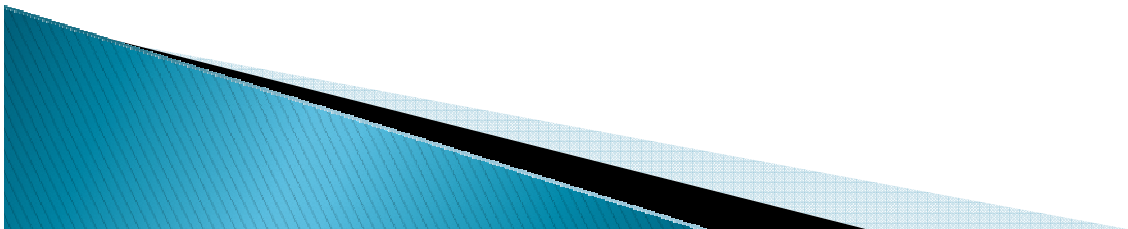
Toss needs to be half a racquet length above the racquet, when racquet is standing up and arm is fully extended

Higher the toss the room for margin

Contact needs to be made at highest peak

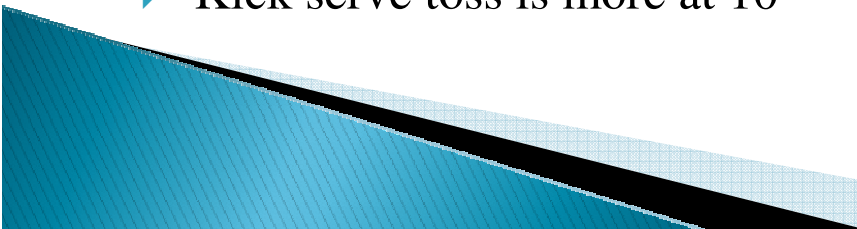
Picture a clock on top of players dominant shoulder and contact on serve and toss placement has to be made at noon.

Finishing across body and in the pocket or holster



Intermediate/Advanced Serve

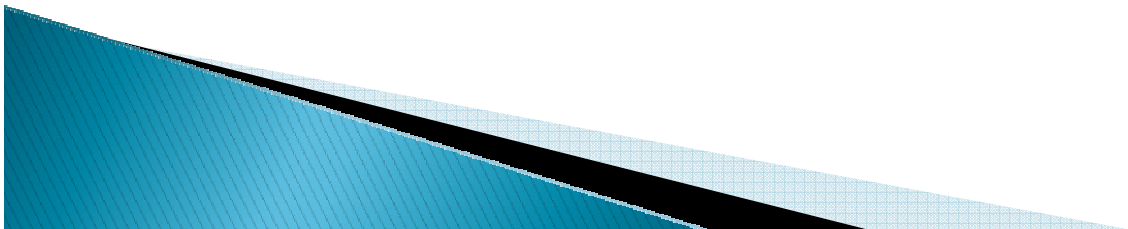
- ▶ Starting position out in front
- ▶ Weight on the front leg
- ▶ Relaxed in the hands
- ▶ When racquet goes down keep the racquet by your knees and feel like your chopping your toes off
- ▶ Weight gets transferred back to your back leg and as the racquet goes up everything goes up with it
- ▶ Everything has to work together on the serve (goes up together and comes down together)
- ▶ One extreme into the next (momentum build up)
- ▶ Effortless power
- ▶ Good usage of legs
- ▶ Load and explode
- ▶ Pronation on the flat serve
- ▶ Slice serve toss is more at 1 o' clock/ get the outside of the ball
- ▶ Kick serve toss is more at 10



<http://www.youtube.com/watch?v=kGWdoNobnCM>

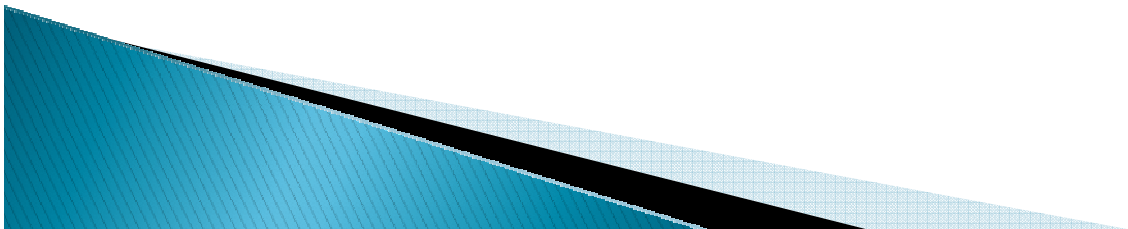
Single's Strategy/Philosophy

- ▶ High percentage tennis
- ▶ Good net clearance/ Room for error/ Good margin
- ▶ Simple patterns
- ▶ Good variety
- ▶ Smart tennis
- ▶ Only hit a ball of your ability
- ▶ Good movement on and off the baseline
- ▶ Good positioning on the court
- ▶ Recovery
- ▶ Force pressure on your opponent
- ▶ Make players beat you, Never beat yourself
- ▶ Every ball has a purpose



Double's Strategy/Philosophy

- ▶ Utilize the net person
- ▶ Poaching/ Faking/ Good activity at the net
- ▶ High percentage of points in doubles are won at the net
- ▶ Get the return crosscourt
- ▶ Simple patterns
- ▶ Make opponent's see your PRESENCE at the net
- ▶ Basic position in doubles one up one back
- ▶ Work as a team
- ▶ Good communication/ Early Communication
- ▶ Rubber band tied to both players feet
- ▶ Move together
- ▶ Mutual understanding of the court and who is going to cover certain balls



Court Position on baseline (DNA)

- ▶ Defensive area

Deep on the baseline, outside of the court

Good usage of height to buy yourself time to get back in position

10 ft of height

- ▶ Neutral area/ Safe zone/ Home Base

Cushion off the baseline

Comfortable point of contact

5ft of height

Time in tennis is needed

Making the adjustment coming forward

It's much easier to move forward than to move backwards

Bad things occur when being pushed off your back foot

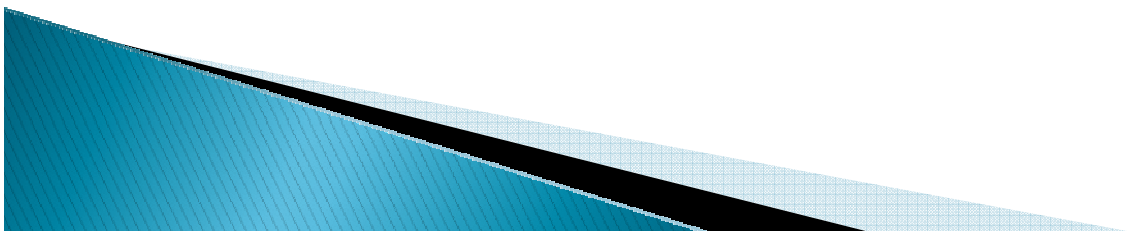
- ▶ Attacking area/ Dictating area

Inside of the court

Putting pressure on opponent

Transition

Approach shot big target make player hit a passing shot



Court Position at net (DNA)

- ▶ Defensive area

Service line

No mans land

- Neutral area

Middle of the service box

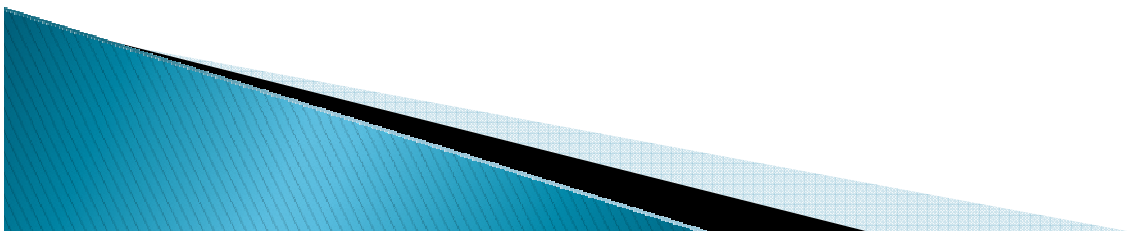
Make your feet less vulnerable as you come in

Avoid getting a ball at your feet

- Attacking area

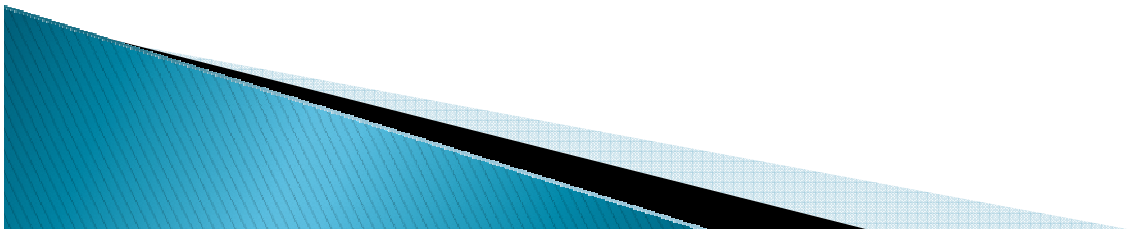
Closing in at the net

Bettering your feet position to hit a easier volley



Commonly used phrases in tennis

- ▶ Always put yourself in the best possible situation
- ▶ Don't watch your ball after contact it is not that pretty
- ▶ Early recovery
- ▶ Move with the racquet in the correct position
- ▶ Explode out of your first step and save yourself that time to set up
- ▶ Good preparation of the racquet



High school philosophy on tennis

- ▶ Frequency
- ▶ You can only do so much in such a short time frame
- ▶ Tennis unlike most other sports is much more complex and there is several variables going on at once
- ▶ Keep things simple, don't overload kids with too much info
- ▶ USTA
- ▶ Building a tennis community in your town or city
- ▶ Focus on 2 simple concepts during practice
- ▶ Make practice

