



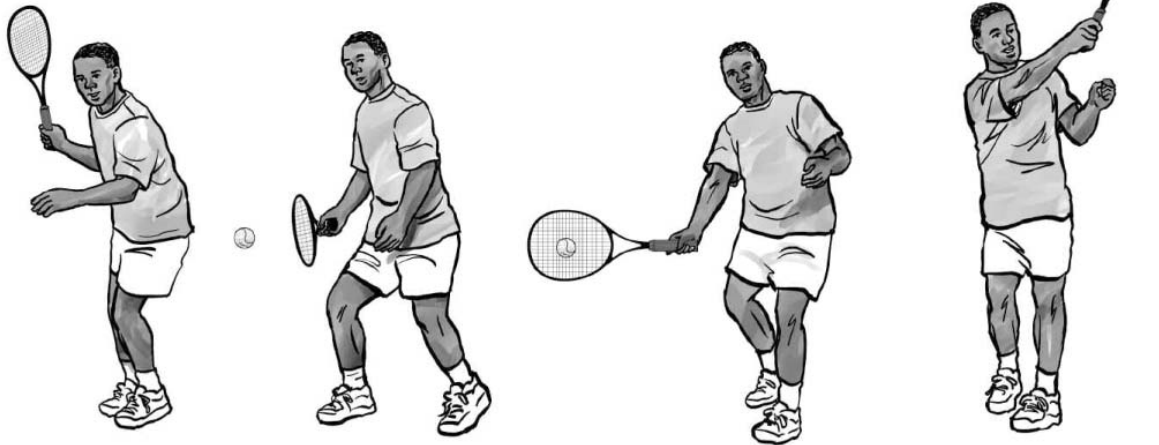
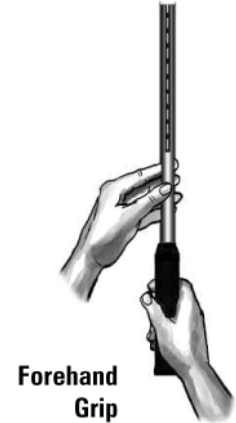
LESSON ONE HANDOUT: FOREHAND GROUND STROKES

Racquet Skill Exercises

Requires only a ball and racquet. Develops a feel for the racquet, and can help condition hand and arm for play.

Try:

- Ball tap-ups
- Ball tap-downs
- Ball tap-ups using alternate sides of the racquet
- Ball tap-downs with the edge of the racquet



Simplified Forehand Ground Stroke

Simplified Forehand Ground Stroke

- Balanced sideways stance
- Short, compact back-swing
- Racquet moves forward from low to high, its face is perpendicular to the court at contact with the ball, and then lifts the ball over the net.
- The racquet is pointed high and toward the net when the swing is finished.

Practice Suggestions

- Practice toss-hit exercises with a partner.
- Practice hitting the ball against a wall or backboard. Try two-bounce rallies against the wall.