

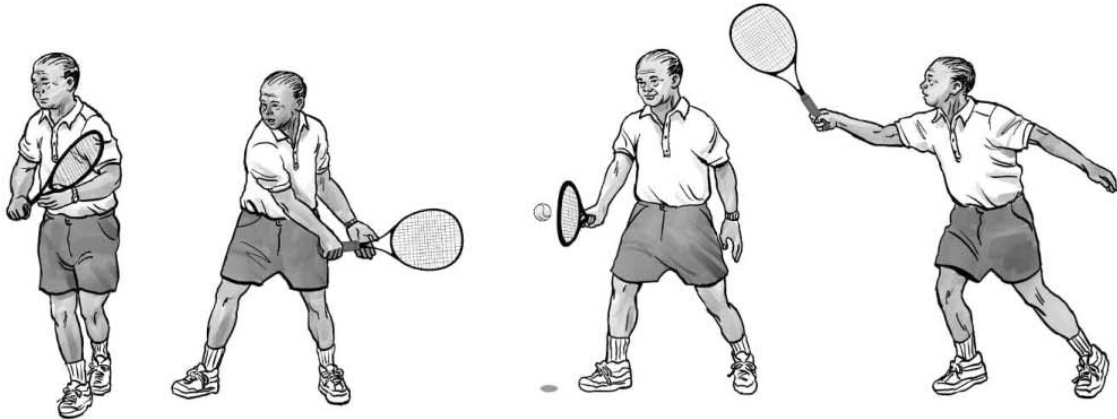
LESSON THREE HANDOUT: BACKHAND GROUND STROKES



One-Handed Backhand Grip



Two-Handed Backhand Grip



One-Handed Backhand Ground Stroke (above) and Two-Handed Backhand Ground Stroke (below)



Simplified Backhand Ground Stroke

- Backhand grip (one-handed or two-handed)
- Balanced sideways stance
- Short backswing
- Contact in front of forward foot
- Controlled, lifting follow-through



Ready Position

Practice Suggestions

- Practice grip changes for a one-handed backhand.
- Rally with a partner, starting at the service line and working back toward the baseline.
- Practice hitting against a wall alternating forehands and backhands. Emphasize control. Let the ball take two bounces to allow more time for racquet preparation and proper footwork.