



Video 1 : Double Handed Backhand Grip

- Dominant hand
- Edge of racket pointing at ground
- Bottom of handle
- Other hand above it
- The position can vary
- Straight arms
- Bent arms (slightly)
- Rotate towards their thumb
- Make sure hands close together
- Work as a single unit

Take back

- Ready position knees bent
- Weight on balls of feet
- Racket held out in front
- Watch the ball closely
- Adjust your position
- Turn hips and shoulders
- Adjust feet which allows contact with the ball to the side and out in front at about waist height
- Rotate hips to be sideways ready to play the shot
- Take racket back, weight on back foot

Forward swing

- Low to high swing path
- Racket head which begins below the height of the contact point with ball
- Straighten knees
- Transfer weight smoothly from the back foot to front foot
- Female players usually hit with elbows bent and contact point closer to the body
- Male players usually have the arms straight and further away from them
- After contact point, keep the racket moving forward before moving it across the body as it slows down
- Move quickly into a good position ready for the next shot

Video 2 : Two Handed Backhand

Double handed backhand

Ready position with forehand grip

Top hand near throat of racket

Slide left hand down

Use left hand to change grip

The right hand changes to chopper grip

The left hand becomes a left handed forehand (semi western grip)

First step

Right shoulder turn

Sideways on to the ball

Moving to the ball sideways on (too many players move facing the net)

Lift up heel of right foot to help rotation

Almost have chin resting on right shoulder (gives good unit turn)

Forward swing then gives rotational power

Power comes from trunk of body

Wind up – coil up – then release when hitting

Nothing done to racket apart from shoulder turn and grip change

Second step

Power position

Most top players have racket level higher than grip level when waiting in power position

Racket strings in neutral position, not open or closed

Drill

- Turn and put strings flat against the fence with the racket head higher than the hands
- When feeling comfortable against the fence or wall try with hand feeds and hit the ball from that position
- Hand feeding easier to control than feeding from the other side of net
- Training with a coach or a training partner they must wait until the racket is in Power position before sending the ball
- Now tries from 'Ready position' to 'Power position'

Third step

The finish

Finish over right shoulder

Keep left shoulder high with elbow 'nose high'

Left foot (back foot) coming around to help with the recovery and the rotation

Depending how far up the court the player is the back foot will come around more or less

If the player is up the court and wants to recover backwards the back foot will come around much more enabling the player to push back

If the player is recovering sideways he'll want to recover to the side

Moving back leaving foot behind to be able to recover forward

The back foot comes around after contact, after the stroke and not just pivoting losing the use of the obliques

If the power is already on the ball, hard ball from the opponent, the foot can stay behind and the player can stroke or just jab the ball

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