



PREPARE

1. Ready

- Shoes wider than shoulders
- Weight forward in an athletic ready position
- Hands and racket central
- Eyes focused

3. React

- Adapt to the incoming ball with the body and racket in preparation to hit

2. Read

- Track the incoming ball
- There are 5 ball characteristics to consider: height, depth, direction, speed and spin

4. Set up

- On time (before the incoming ball bounces) and on balance, behind the ball
- Stop before hitting (where possible)
- Shoes wider than shoulders

HIT

5. Contact

- Strings point towards the target

STROKE	CONTACT	RACKET PATH
Serve	Above the head at a 12 o'clock position	Overarm throwing action
Forehand	To the side and in front of the shoes	Low to high
Backhand	To the side and in front of the shoes	Low to high
Volleys	In front and to the side of the shoes	Tap / touch (no swing)
Smash	Above the head at a 12 o'clock position	Overarm throwing action

RECOVER

6. Reposition

- Move back to a central position