

TENNIS CLASS TOPICS

STROKES: Forehand; Backhand; Serve; Volley; Lob; Drop Shot; Overhead

STROKE COMPONENTS:

- Grip (*Continental; Eastern; Semi-Western; Western*) (*One-Handed BH; Two-Handed BH*)
- Ready Position (*Feet; Body; Racquet; Grip – Forehand, 2HBH or “Hybrid”*) (*Serve/Volley: Continental Grip*)
- Racquet-Back Position (*...From Which Forward Swing Begins*) (*Serve: Racquet Drop & Trophy Positions*)
- Backswing (*Straight Back; Semi/Half/Compact Loop; Full Loop; Abbreviated; Behind Body vs. Behind Ball*)
- Pivot and Turn (*Pivot and Shoulder Turn – PST; Inside Foot; Outside Foot; Balance – Shoulders Over Hips*)
- Footwork (*Split Step; Crossover Step; Shuffle Step; Pivot Step; Gravity/Drop Step; Jab Step/Step Out*)
- Stance (*Strokes: Open*; Semi-Open; Squared/Neutral; Closed***) (*Serve: Platform; Pinpoint*)
- Forward Swing (*Low-to-High Topspin; High-to-Low Slice; Hitting Structure – Straight/Double Bend*)
- Momentum (*Linear; Angular; Loading; Rotation/Coiling; Rotation/Uncoiling; Vertical Axis*)
- Contact Point (*Hitting Zone*)
- Position of Racquet Head (*Open*; Vertical; Closed**; Elevation; In Relation to Handle*)
- Follow-Through (*Elevated; Horizontal; Inverted – “WW”; Vertical – “Reverse”*)
- Use of Non-Dominant Hand (*Ready Position; Backswing; Forward Swing; Follow-Through*)
- Recovery (*“Back To Center”*)

ON THE COURT: Open = Facing the net; Closed** = Sideways, or away from the net
RACQUET FACE: Open* = UP towards the sky; Closed** = DOWN towards the ground*

KINETIC CHAIN: Feet, Legs, Hips, Trunk/Torso, Shoulders, Arm, Hand/Wrist, Racquet

COURT POSITIONS, LINES & FIXTURES

RULES OF TENNIS

TENNIS SCORING

TENNIS TERMS

TENNIS STRATEGIES