

After the split step and your decision to do a backhand shot



Grip

Change grip to “eastern backhand grip”-
knuckles on top bevel of racket

Shoulder turn, holding racket head
up. Adjust position by shuffle steps
to front, back, sideways



**Ready
Positi
on**



Drop

From racket position parallel to your
shoulders, racket head pointing high.
Shift body weight from in- to outside leg.
Drop and swing around your waist

Topspin: racket drops below ball height,
bring it up before contact
Flat shots: swing at ball height to contact
at ball height



**Swing
path**



**Follow
throu
gh**

Topspin: racket moves above the head,
palms end facing up, left hand down and back
Flat shot: racket moves in front of head
towards desired direction, palms remain
down, left hand down and back