

Skill: Clear contact
(difficulty: easy)

Intention

Find the ideal contact zone by combining footwork and swing path

Contact zone: in front, ideal distance between ball and body, ideal height

Reduce correctional arms movements with ideal stance
(How many steps? How far?)

Watch for ball contact in sweet spot

Drill

Level 1 (stance, no swing): hold the racket at your hips, move to ball and touch the ball like that. Switch to backhand.



Level 2: maintain footwork, add full swing

Level 3: use oscillator

ball machine

Ball machine set-up

Ball Speed: 4

Ball Feed: 5

Oscillator: On

You

