

Skill: The right contact zone

Difficulty: Basic

Intention

Contact zone: space where racket hits the ball (space, not point: racket swings through this space)

For ground strokes it is:
- in front of the body
- height between knee+hip

Use the zone for neutral and attacking shots - try to avoid shots outside the zone.

Drills

Level 1: stop ball with left hand
- ball drops in right zone
- follow with FH ground stroke

Level 2: Sweet spot
- divide racket into three zone
- watch at contact and call out which zone you hit
- try to correct with next shot

Level 3: Moving on court
- with oscillator on, move along the court and "take the zone with you": apply for each shot

