

A circular icon with a blue border and a white center, containing the word "Grip" in black text. The icon is set against a brown trapezoidal background.

Grip

Correct **semi-western** grip: 4th level. End of handle in palm of the hand. Tighten a loose grip at contact.

At baseline: Await opponent's shot ready for split step, body weight on the tip of your feet.

Short ball: Follow to the net

A circular icon with a blue border and a white center, containing the words "Ready Position" in black text. The icon is set against a brown trapezoidal background.

Ready Position

-Now ball is hit by opponent-

A circular icon with a blue border and a white center, containing the word "Preparing" in black text. The icon is set against a brown trapezoidal background.

Preparing

Split + Turn ...: body weight towards direction (FH/BH) and depth (short/deep) of ball.

Move there, racket goes up above shoulder

-Ball hits ground, initiate the swing-

... In/Out + Watch: Envision the contact zone.

Move weight from inside leg to outside leg (no unit turn yet), and let racket drop.

A circular icon with a blue border and a white center, containing the word "Drop" in black text. The icon is set against a brown trapezoidal background.

Drop

A circular icon with a blue border and a white center, containing the word "Accelerating" in black text. The icon is set against a brown trapezoidal background.

Accelerating

Unit turn to add force and speed: rotate hips by 90 degrees toward the net, while the racket drops. Body leads, racket follows.

Figure-of-eight: Unit turn brings racket forward, and upwards from low to high.

A circular icon with a blue border and a white center, containing the words "Swing path" in black text. The icon is set against a brown trapezoidal background.

Swing path

-Ball contact-

A circular icon with a blue border and a white center, containing the words "Contact, spin" in black text. The icon is set against a brown trapezoidal background.

Contact, spin

Watch: Contact zone in front, below the ball's equator, during the upwards move of the racket.

Racket head faces **upwards** and ends above the shoulder.

A circular icon with a blue border and a white center, containing the words "Follow through" in black text. The icon is set against a brown trapezoidal background.

Follow through