

Skill: Awareness of the fundamental swing path

Difficulty: Basics



Intention

Put a racket to the ground, the swing **follows the outline** of the racket head: outward, circle around, inward, forward.

This applies to FH and BH.

Common mistake: moving racket straight back, pause for the ball, hit from that position. There is no complete circle (=force) possible.

The backswing is not just back, it's outwards, making a circle, and another circle as we rotate the body. The swing path is a **figure of eight**.

The racket is **accelerated when we rotate the body**, when the racket is forced into a centrifugal force.

Drills: consecutive FH/BH