

## Skill: unit turn, rotation speed

Difficulty: easy, warm-up

## Intention

Apply the unit turn to the swing for more power.

Become aware of and accustomed to different rotation speeds during swing.

Use body mechanics and laws of physics to your advantage.

## Drill

Level 1:

Drop ball at baseline, start swing with the unit turn. Increase rotation speed.

Level 2:

Apply stance formula (Turn>In>Out)  
Aim cross-court.

Level 3:

Aim only at half-court.  
Increase difficulty:  
aim only at alleys.

Ball machine set-up

(no ball machine  
required)

You

