

Skill: Basic FH slice

Game phase: Neutralizing



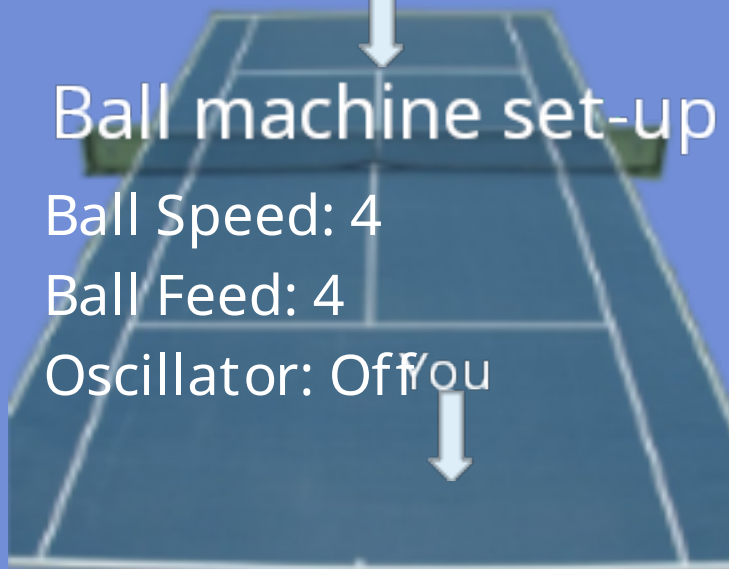
ball machine

Ball machine set-up

Ball Speed: 4

Ball Feed: 4

Oscillator: Off



Intention

Break the rhythm by placing a ball low into the middle of the court

Grip: continental grip

Racket face: almost closed (=perpendicular to the ground), 10-20 degrees

Swing path: from high (above the ball) down -ball contact -up again. Swing starts in parallel position, not behind

Adjust racket face for lower balls: the more open, the higher the shots

Drill

Level 1: focus on ball contact
Feed balls yourself. No full swing, start at ball contact. Adjust racket face. Then use machine.

Level 2: focus on swing
Apply full swing, modify follow-through for cross-court

Level 3: focus on complete shot
Define target area and return FH slice. Alternate depth, add normal groundstroke.