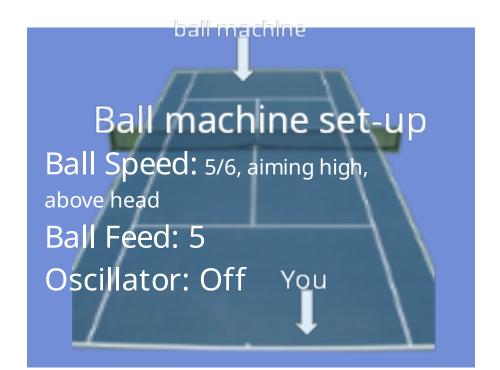
Skill: Handling high balls

Difficulty: medium tennis Malta
Rent a tennis ball machine!



Intention

Avoid hitting high balls down
- makes them attackable for
opponent. Aim horizontally
instead, for deep returns

Opponent returns them short and attackable instead

Swing path compared to waisthigh shots:

- accilleration from moving across the ball, not upwards
- prepare high, hold racket diagonally up
- mental image: aim along the ball's equator, not below the equator as usual

Drill

Level 1: Swing path
Aim for horizontal, deep balls.
Focus on horizontal swing path

Level 2: Racket head Focus on the diagonal angle of the racket

Level 3: Preparation
To hit horizontal, focus on starting swing at height of incoming ball, instead of the usual low-to-high
Mental image: Racket brushes along a wall (shoulder height)