

## Skill: Running forehand

Game phase: Neutralizing



## Intention

Practice technical and tactical problems:

- 1) Overhitting** because of surprise and panic, reflexive shot
- 2) Overhitting** because of (the impression of) having to hit a winner in order to recover
- 3) Technical problem:** fast leg movements lead to fast arm movements
- 4) Technical problem:** footwork confusion

## Drill

(Balls aimed at corner of service box, drill starts at baseline)

**Level 1:** return cross and call out direction before shot. Change mindset from being pushed to pressuring the opponent

**Level 2:** separate arms+legs movements

1 hit a slow ball gently into net

2 aim at service box

3 aim deep while maintaining the same control

**Level 3:** slow balls: apply footwork formula before shot. Increased difficulty: move further away (less time to prepare): hit FH while running

