

Skill: Improved timing FH/BH

Difficulty: medium



Intention

Practice ability to watch the ball, see ball contact with racket

Practice deciding **when** to hit the ball. Become aware of that moment by shouting a mental "**Now!**" at ball contact

Control the ball: watch as ball enters the contact zone. Time your swing to hit ball in contact zone at "**Now!**"

Drill

Level 1:

On half court do shorter swing, start with racket down. Practice until tension is gone with effortless control - FH and BH



short FH swing

short BH swing

Level 2:

Ball machine at baseline, start with focus on contact zone and shift to focussing on ball contact with full swing

ball machine

Ball machine set-up

You

Ball Speed: 2

Ball Feed: 4

Oscillator: Off