

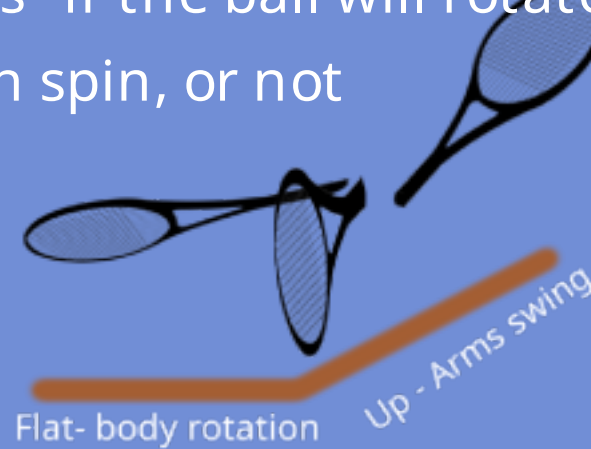
Skill: Add more topspin

Difficulty: easy



Intention

Key factor to create topspin: ball contact during swing, it "programs" if the ball will rotate with spin, or not



The two phases of the swing: flat-phase (unit turn), up-phase (swing)
Racket face: from facing down to facing up, ball contact: with upswing

Drill

Level 1: Slow balls

Practice awareness of two phases and racket head face from down to up. Practice contact zone in front, with up swing

Level 2: Ball contact

Set up for normal FH/BH shots. Hit ball in the up-phase. Focus on racket face, contact, and swing direction.

Level 3: Target over net

Continue as above, but adjust racket to be able to hit a target area

ball machine
Ball machine set-up

Ball Speed: 2

Ball Feed: 5-6

Oscillator: off

You

