

Skill: Forehand slice as a strategic shot

Difficulty: medium



Intention

Use the forehand slice
instead of a normal ground
stroke to...

Neutralise: defend a fast
attack shot, take off speed

Building/finishing: move
opponent out of balance:
Ball stays below contact zone
Opponent has to move to net
Disrupt pace and patterns
Create unforced errors
Passing shot to close at net

Drill

Level 1: Slice to backhand
Make opponent return
difficult, low balls on their
backhand

Level 2: Passing shot+volley
First a deep slice gets
opponent out of balance,
creates a weak return.

Follow up w/ volley from net

Level 3: Midcourt slice
Builds unforced errors,
Opponent has to leave
baseline and create extra
lift to return this shot

ball machine

Ball machine set-up

Ball Speed: 5

Ball Feed: 5

Oscillator: Off

You

