

## T194 - Forehand Topspin



Hitting with topspin has many advantages and here are some ideas to remember:

- With your forehand you can create more topspin by using a semi-western grip.
- Drop the racquet low below the level of the ball before contact
- Think of brushing rapidly up the back of the ball at contact and then finish high

## Coaching Tips

**Topspin - Clock It**  
Here's a good visual analogy to help players develop more topspin using the face of a clock imposed on a tennis ball. Imagine hitting the ball at 6 o'clock keeping the face on the racket perpendicular. You can also use your watch around the ball or draw the numbers on the ball with young kids to emphasize this point.

**Tweak the Drill – Coach Roams**  
You can change the drill DoC571 by letting two players stand to the side and toss balls to the hitters instead of the coach feeding. This will keep more players active and handle more players on the court.

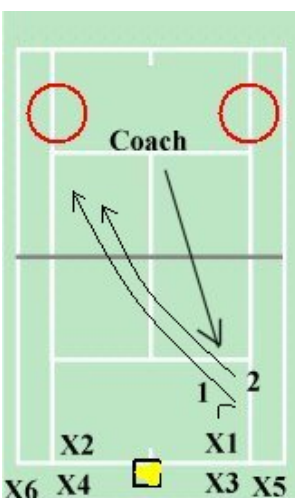
## GC136 - Topspin



Here are some ideas and progressions for developing topspin. Start with your players standing sideways to the net. For forehands place their opposite hand on the net and their front foot at the bottom of the net. For a one-handed backhand stand about a foot away from the net and for a two-handed backhand the front foot is at the bottom of the net. Have the players take a few easy swings hitting the net and brushing up. On their forehands occasionally have them finish over their hitting shoulder for more topspin. Then have the players place a ball between their rackets and the net. Have the players brush up on the ball and spin it over. Eventually the players will move back and drop and hit topspin. Let the players start to alternate finishes on the forehand with one finish over their hitting shoulder and one in front of them. Then move the players to the baseline to practice topspin. The same procedure can be used for backhands. For the one-handed backhand players will finish in front and remain more sideways to the net.

## Groups and Courts

## DoC571 - Self Feed then Practice



Here's a large group drill that can be the foundation for starting many live ball progression drills (especially with doubles). Players start in two lines at the baseline with a basket of balls placed in a safe area. The first player self-drops a ball and hits a designated shot (crosscourt, down the line lob, etc.). You can make it more challenging with targets. The coach then feeds a ball to that same player who tries to hit that same shot. During the coach's feed the player in the other line starts their sequence with a self-drop and hit. The coach then feeds a ball for that player to hit. Players then rotate. Depending on the level and shot the coach can feed from the same side with tosses.

## Notes