

## T178 - Backhand Two-handed



## Spirit Game

SG101 Frozen T-Shirt - Place a number of t-shirts in water, crumple each shirt into a ball and freeze them. Give each team a frozen T and the first team to pound the ice out of their shirt and have someone on their team put it on, wins!

Variation: place a tennis ball inside each t-shirt and the first team to retrieve the tennis ball and pass it to each member wins!

## T157 - Backhand Talking Points txt



### Preparation

- Two-handed: unit turn with a shorter backswing using either a closed or open stance with balance, load on the back leg, closed stance creates more overall rotation
- One-handed: need more time to prepare and a longer backswing, opposite hand takes the racquet back allowing a grip change

### Contact

- Two-handed: contact is in line with the body, shoulders are more closed at contact
- One-handed: contact ahead of the front foot and off to the side, elbow closer to the body, narrow striking zone

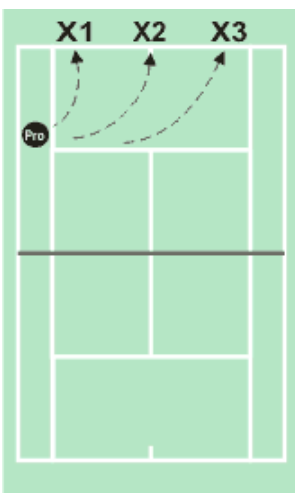
### Finish

- Two-handed: shoulders finish parallel to the net, racquet high and out, easy to move sideways for the recovery
- One-handed: body is still mostly sideways, opposite hand moves back away from body

## MTT7-701 - Connect with Relationships

There are few motivators more powerful than being connected through relationships. If you have your students' best interest in mind and you care about them they in return are willing to give more effort. A good start is to ask questions and learn about them as individuals!

## GPT200 - Groundstroke Breakdown



Here's a drill that breaks down either forehands or backhands into three stations. Each station focuses on a different area of the stroke and players will move from one station to another after a number of repetitions. For example with the forehand in the first station players will start with their racket at contact then hit and follow through. At the second station players start from a half turn with the racket about shoulder high and then execute the stroke. For the third station players start in the ready position and then hit a forehand.

Notes: