

T147 - Modern Forehand



Camp Spirit Game - Balloon Battle

Divide your players into teams and each player is given a balloon with a string tied to their ankle. You can use different color balloons for each team. Players try to bust another team's balloon but you cannot grab or hold the other player. You can handicap the older kids by not letting them use their hands to bust the balloons. Go for a certain time and the team with the most balloons left wins!

T148 - Forehand Talking Points txt



Preparation:

- Unit turn with the opposite hand staying on the racquet, elbow is up and away from body, racquet strings usually pointing towards side fence, front shoulder is in line with the incoming ball, elbow makes a small loop drawing the racquet back in a much bigger loop, elbow does not go behind or in close to the body, most of body weight is on the back leg with knees bent, opposite arm then becomes extended sideways

Contact:

- "Pull" the hand forward forces the racquet down and back and then creates racquet speed coming forward, ideal contact point is higher and more out in front, swing is shorter because elbow movement is less but more racquet speed is generated with a relaxed arm and grip

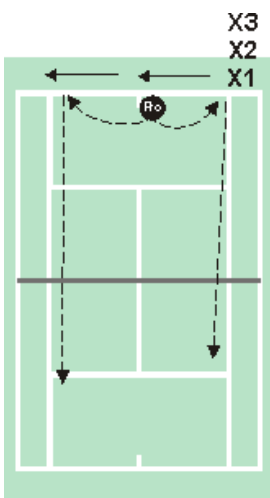
Finish:

- More racquet speed usually produces a longer follow through with a wrap-around or a high vertical behind the head finish, with wrap-around the forearm pronates with the back of the hitting hand facing in towards the body, feet are wide and stable and shoulders rotate

G9-913 Court Safety Players in a Line

Safety is your number one concern always! When you have players in a line waiting for their turn make sure you designate a safety area where they stand. You can use a cone or marker and players must stay behind these markers. You will have to constantly remind players about where to stand and these safety markers but it's a big help and can prevent accidents!

GPT199 - Groundstroke Basics



Here's a drill that provides players with opportunities to practice the correct motion, hitting a stationary shot and then a running shot. Players start in one line at the baseline. The first player goes through the forehand swing and then the pro tosses a ball and that player hits a forehand down the line. The player then starts to move across the baseline as the pro tosses another ball and the player hits a running forehand. The player finishes with another swing hitting an imaginary ball before going back in line.

Variations: Start on the backhand side, focus on different shots; slice, topspin, drive, lobs, etc.

Notes: