

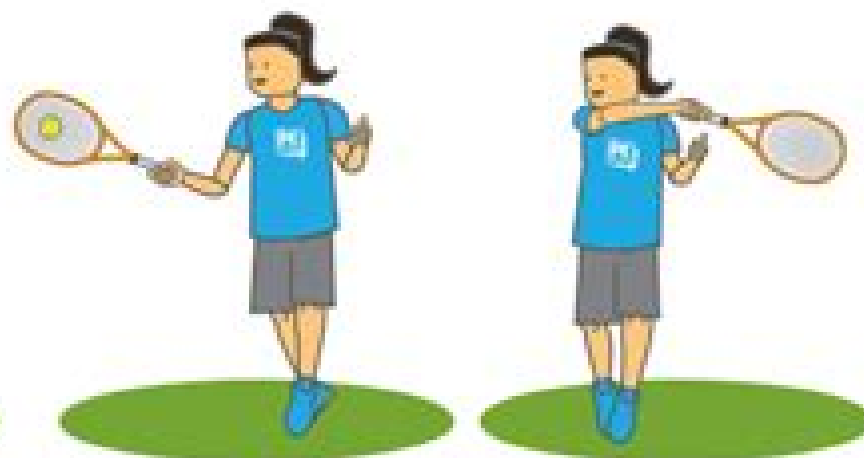


1. Pivot & Turn

- Pivot with your outside foot and turn shoulders sideways on
- Keep both hands on the racket and begin to bring racket back

2. Racket Back

- Bring racket all the way back using their shoulders and arms



3. Swing to Contact

- Push off outside leg
- Rotate your body towards the net
- Drop your racket down and swing forward to make contact with the ball

4. Follow Through

- Extend out in the direction you're hitting
- Bring racket across your body in a smooth, relaxed motion

Skills And Rules Of Tennis

Michael Hoelscher



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