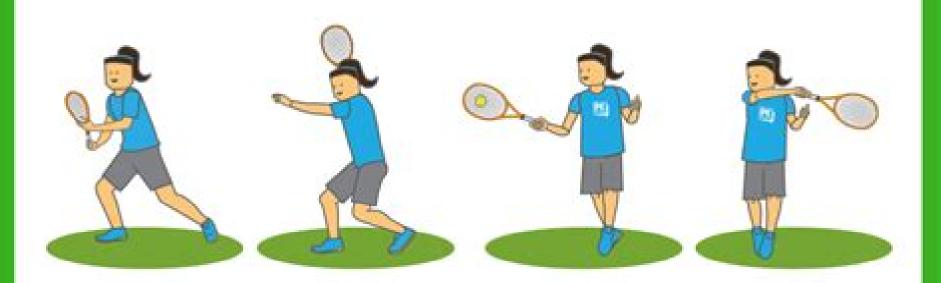


Skill: FOREHAND



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. Rocket 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

Michal Rosen-Zvi

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