

Laying The Foundations

Key Principles

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Grip

- * Create a V with your thumb and index fingers.
- * Grip positioning within the fingers.
- * Index finger is used to control the top of the racket.
- * Open racket face.

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Racket & Body Preparation

- * Racket starts in a neutral position.
- * Body shapes the racket into place and the racket head is at its peak (connected).
- * Find that click into position.
- * Base body shape which is consistent. It can also be used to add deception as a repercussion of consistent body shape.

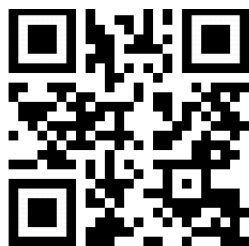
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Line of Swing

- * Know what shot you want to play.
- * Click into place.
- * Starting point relative to shot selection and position.
- * Impact zone emphasis (few moving parts).
- * Follow through direction to where you want to hit the ball.

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Movement - Position

- * Creates the ability to use your swing properly.
- * Footwork multidirectional.
- * Timing of the lunge.
- * Speed of movement.