



**TECHNICAL
CORRECTIONS
FOR INTERMEDIATE
AND ADVANCED
PLAYERS**

(Level 2 On court Session)



TECHNICAL CORRECTIONS TSA LEVEL 2 & 3 Courses



FOREHAND	ERROR	PROBLEM	SOLUTION
FLAT	Leading with elbow	Late contact	Leading with edge, keep elbow low
	Straight backswing	Lack of acceleration	Racket head shoulder height
	Too much loop	Late contact	Make two loops before hitting
	Open stance without shoulder turn	Lack of power and control	Point with the forward shoulder
	Non-playing arm "dead"	Lack of balance and co-ordination	Point the ball with non-playing hand
	Outside to inside impact	Lack of power	Play forehands on the left side to opponent's backhand
TOPSPIN	Continental grip	No topspin	Change to Eastern or Semi-western
	No loop	No rhythm	Racket head at shoulder height
	Racket head not below ball before impact	No topspin	Racket head close to rear ankle
	Knees too rigid	No topspin	Play "seated" or lifting movement
	Wrist not relaxed	No topspin	Grip the racket with less fingers
	Racket swing too slow	Lack of effect, rhythm and power	Swing forward and up
	Roll the ball with the wrist	Lack of power and control	Use the forearm more
	Windscreen movement	Lack of depth	Forward and up swing
	Racket finishes behind rear ear	Lack of depth	Finish the movement forward and up
	Racket finishes like a scarf	Lack of depth and balance	Finish putting hands together
	Non-playing arm behind the back or "dead"	Lack of control and power	Non-playing arm towards the stomach
SLICE	Semi-western grip	Lack of mobility of the wrist	Use Eastern or continental
	"Slicing the slice".	Slice shot very high	Keep the racket head up
	Slow swing	No slice	Go for more arm acceleration
	"Using only wrist"	No power in the slice shot	Keep the wrist firm
	"Knife shot"	Slice shot with no depth	End the swing forwards



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BACKHAND	ERROR	PROBLEM	SOLUTION
FLAT	Backswing close to the body	No loop	Elbow far from the body
	Non-playing arm "dead"	No control, power, etc.	Take racket throat
	Point the ball with elbow	Racket face low, no power	Place ball under armpit
	Long follow through to the side	No control nor recovery	Racket points in front
TOPSPIN	Continental grip	No topspin	Eastern or extreme grip
	Hand too high on grip	Racket head too high	Hand low on grip
	Racket head very low (Vilas)	Leading with the elbow after impact, high shot	Racket head same height as elbow
	Non-playing arm goes forward after	No power	Make "action-reaction"
	Long follow through (Sabatini)	No shoulder control (DTL)	Make "action-reaction"
	Roll the ball with the wrist	No power nor control	Shoulder goes up
	Racket head high before impact	See FOREHAND	
	Knees not bent	See FOREHAND	
	Wrist very tense	See FOREHAND	
	Slow swing	See FOREHAND	
	No loop	See FOREHAND	
SLICE	FOREHAND grip	Strings too open	Continental grip
	"Slicing the slice"	See FOREHAND	
	"Knife shot"	See FOREHAND	
	Slow swing	See FOREHAND	
	"Too much wrist"	See FOREHAND	



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SERVE FLAT	ERROR	PROBLEM	SOLUTION
Stance	Feet too close	No balance	Feet shoulderwidth
	McEnroe stance	Difficult for weight transfer	Use classic stance
	Arms and racket too high	No or too much rhythm	Racket at waist height
Ball toss	Incomplete arm movement	Lack of height	"Lift the arm until the roof"
	Side toss	No flat serve impulse	Toss in front of the body
Backswing	No backswing	No rhythm nor speed	Racket head close to rear ankle
	Elbow leads	Racket head in front	Use forearm
	Strings face up (McEnroe)	Need to turn the elbow	Strings face down
Arm co-ordination	Very fast movement	No time to prepare impulses	Short pause for pre-stretch
	Uniform rhythm	Lack of power	Slower and then faster
Loop	Low elbow	Stops movement	Elbow points up
	Knees rigid	No power	Bend front knee
	Trunk very rigid	No power	Use hip impulse
	Knees too bend	No power	Bend only front knee
	Long pause in the loop	No power nor acceleration	Hit your back twice
	Elbow flexed very high	Movement is blocked	90° angle when short pause
	Loop far from back	No power nor balance	Elbow flexes completely
Impact	Forearm already pronated	No power nor acceleration	Pronation during forward swing
	Incomplete pronation	Slice serve	Racket face like a mirror facing opponent
	Chin down	Contact point lower, no control	Chin up, see the service box
	Non-playing arm goes back	No power nor control	Non-playing arm to stomach
	Hip stays back	No power, height is lost	Rear hip passes forward
Follow through	Racket does go cross (Becker)	Stress on elbow and shoulder	Racket is caught with opposite arm
	Short follow through	No acceleration	Relax, finish the movement
SLICE / TOPSPIN	Eastern forehand grip	No topspin impulse	Use continental grip
	Front toss	No trunk rotation	Side and elliptic toss
SLICE	Shoulder stays back	No slice effect	Think "torque"
	Too much rotation	Too much slice, no depth	Go forward
	Flat impact	No slice	Out edge hits the ball first
TOPSPIN	Impact with vertical racket face	Slice effect	Impact with horizontal racket face
	No back extension	No topspin	Slight back extension
	Too much back extension	Risk of back injury	Bend both knees
	Impact at the highest point	No topspin	Let the ball drop a little bit
	Back leg down	No power	Back leg goes up



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VOLLEY	ERROR	PROBLEM	SOLUTION
FOREHAND	Eastern forehand grip	Not easy to change grips	Use Continental grip
	Non-playing arm to the side	No power	Non-playing hand to stomach
	Open stance at impact	No depth	Step with other foot at impact
	Open wrist at impact	No control	Use full forearm
BACKHAND	Racket head low and back	No control	Racket head like a mirror
	Non-playing arm goes forward	No power	Non-playing arm goes back
	Non-playing arm "dead"	No power	Non-playing arm goes back
	Slow swing	No speed	Strengthen the forearm
	Open wrist at impact	See forehand volley	
HIGH AND LOW	Hands too separated	Shot is not compact	"Handcuff the player" to control the position of his hands
	Use of incorrect grip	Bad angle of arm-racket	Use a continental grip
HIGH	Short backswing	No power	Longer backswing
	"Roll over the ball"	No depth	"Lead the ball with the strings"
	Making a regular volley swing	Lack of depth	Longer backswing
LOW	Racket face closed	Ball does not go up	Open racket face
	No knee bend	No balance	Stay at the height of the ball
	Topspin	Unable to pass the net	Flat or slice volley
	No followthrough	Lack of depth	Longer followthrough

SMASH	ERROR	PROBLEM	SOLUTION
	Eastern FH grip	No mobility nor reach on depth lobs	Continental grip
	Long below waist swing	Too much time	"Waist height" backswing
	Non-playing arm "dead"	No rhythm	Point the ball trajectory
	Tense power loop	Lack of power	Power loop more relaxed
	Chin down at impact	No power nor control	Keep chin up
JUMPING	Frontal position	Awkward movement	Use footwork to adopt a side position
	Both feet at same time	Low jump, lack of power	Push with rear foot for a high jump
	No turn in the air	No weight transference forward	Pass rear shoulder forwards
AFTER THE BOUNCE	Player placed too below the ball	Lack of control	Adjust the position with short steps, point the ball with non-playing hand
	Player placed too far from the ball	Lack of control	Go for the ball. Be more aggressive
	Finish the shot disregarding the zone	The ball will go whether to the net or to the back fence	Control the follow through depending on the zone



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LOB	ERROR	PROBLEM	SOLUTION
FLAT	No knee flexion	Too rigid, no precision	Bend rear knee
	No follow through	Short and easy lobs	Transfer body weight forward
	Short follow through	Short and easy lobs	Slow and continuous swing
TOPSPIN	No semi- or western grip	Excessive use of the wrist	Change grip
	Short follow through	No height nor effect	High and exaggerated swing

DROP-SHOT	ERROR	PROBLEM	SOLUTION
	Erroneous grip	Wrist too blocked	Continental grip
	Large backswing	Late impact, no control	Short backswing
	Long follow through	Too long shot, no control	Shorten the swing
	Racket face closed at impact	No "touch", too "sharp"	Change grip, use wrist
	Sharp and fast movement	No control	Play soft and with "touch"

HALF VOLLEY	ERROR	PROBLEM	SOLUTION
	Too large backswing	Late impact, no depth	Short backswing
	Rear leg not bent	Too rigid	Touch ground with rear knee
	Fast elevation after impact	No control of ball direction	Slow low to high weight transfer
	No control of racket face	No solid impact, no control	Vary openness of racket face depending on distance from the net

PASSING-SHOT	ERROR	PROBLEM	SOLUTION
	Too large swing	No time to react. Late impact	Shorter and more compact swing
	Not positioning at the height of the ball	No control of the shot	Playing with more knee bend
	Acabar el movimiento del brazo- raqueta muy arriba	Ball trajectory too high, very easy for player at the net	More straight follow through

RETURN	ERROR	PROBLEM	SOLUTION
	Stance too rigid	Lack of ability to react	Bend knees and trunk, leg distance wider
	No activation	Lack of reaction	"Jump on the place"
	No slight trunk elevation when server tosses	Lack of "timing", late impact, no control on the return	Elevate trunk and head as server tosses the ball
	Not attacking the ball	Defensive shot	Go for it, try to hit inside the court. Walk in diagonal to cut the angle