

ITF Coaches Education Programme Level 2 Coaching Course



Advanced stroke techniques: The forehand

By the end of this session you should be able to:

- Understand the fundamentals of the different forehand variations used by advanced players
- Understand the advantages and disadvantages of the use of each shot
- Explain and teach these shots to players



**It is crucial to relate the
stroke techniques
(shots) to the game
situations and the
tactical intentions of the
player**



Forehand

WHERE?

Game situation: Baseline Rally



WHAT?

Tactical Intention 1: Attacking / dominating



HOW?

Technical Weapon: Forehand



Technical variation: Topspin/Flat



Forehand

Game situation: Baseline Rally



Tactical Intention 2: Hitting over and in



Technical Weapon: Forehand



Technical variation: Topspin



Forehand

Game situation: Baseline Rally



Tactical Intention 3: Hitting low



Technical Weapon: Forehand



Technical variation: Slice



Forehand

Game situation: Baseline Rally



Tactical Intention 4: Hitting deep & straight



Technical Weapon: Forehand



Technical variation: Flat





Forehand

	FLAT	TOPSPIN	SLICE
Balance			
Inertia			
Opposite F.			
Momentum			
Elastic E.			
Coordinat.			

Forehand



	Eastern	Semi Western	Western	Slice
Grip				
Prepar				
Contact				
Follow				

Modern forehand characteristics



- Open stance
- Semi-western grip
- Racket head low
- Delayed backswing
- Rotation of shoulders
- Pre-stretch of upper body

Modern forehand reasons for open stance



- Time pressure
- Angled shots
- Deep shots
- More power?

Modern forehand Semi-western grip



- Better for high balls
- More wrist mobility
- Problems with short balls
- Problems at the net

Modern forehand Different backswings



- Compact:
 - Players with more muscle
 - I.e. Roddick, Moya
- Full and long:
 - Players “more relaxed”
 - I.e. Federer

Modern forehand Different backswings



- Leading with the elbow
- Leading with the racquet tip
- “Inverted” Loop

Modern forehand Length of backswing



- Shoulders rotate more than the hips
- Hyper extension of the wrist
- Racquet parallel to the back fence!!

Forehand



Grips

- Eastern
- Semi-western
- Western
- Two-handed
- Continental

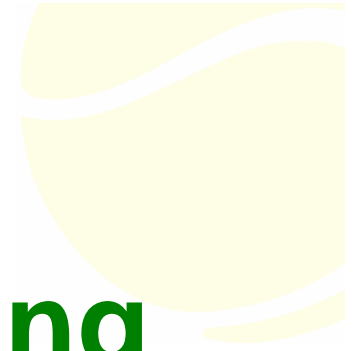
Variations

- Flat/Topspin
- Topspin/Flat
- Excessive Topspin
- Flat/Topspin
- Slice



EASTERN FOREHAND

Eastern forehand Preparation and backswing



- Elbow initiates take-back
- Looped take-back
- Racket head leads the shape
- Weight transference moving onto the back foot

Eastern forehand

Forward swing and contact



- Swing from back to front
- Body weight transfers forwards onto the front foot
- Contact zone to the side of the body and over the front foot, semi-closed stance
- Ball propelled forwards with a quite flat, low trajectory

Eastern forehand Follow through



- Player remains sideways to the net
- Racket head moving out in the direction of the ball
- Racket head finishes high wrapping around the other shoulder



SEMI-WESTERN FOREHAND

Semi-Western forehand: Preparation and backswing

- Synchrony: Pivot, lifting of the elbow and shoulder turn (left hand pushes)
- Various types of backswing (i.e.):
 - Racket lifted in a loop
 - Racket drops below the waist before lifting
- End of the backswing: knee flexion and racket head higher than the elbow

Semi-Western forehand: Forward swing



- Knee extension --> low to high swing
- Hip lifts and turns --> shoulder lifts
- Trunk rotates
- Elbow is extended first and then flexes
- Wrist: first close to the body for control, then increases its velocity
- Racket face closed

Semi-Western forehand: Contact



- Wrist laid back
- Head still and eyes focused
- Open stance (90% of the time)
- Weight is transferred forwards
- Racket aligned to the ball and upward path increased
- Racket head may be slightly below the wrist

Semi-Western forehand: Follow Through



- Up and out through the ball
- Trunk rotates
- Right foot swivels around and ends up level with the left foot
- Elbow lifts to shoulder height (finishes high)
- Racket face faces up the court in the direction the ball has been hit



WESTERN FOREHAND

Western forehand



- Backswing more pronounced
- Racket face facing downwards
- Forward swing is steeper low to high
- Contact point is higher and closer to the body, more topspin, hit with open stance
- More elbow and wrist flexion in the follow through



CONTINENTAL FOREHAND

Continental forehand slice



- Looped backswing, racket face open
- High to low forward swing, racket face opened and far from the body
- Racket face slightly open at contact, semi-closed stance
- Player left sideways to the net
- Racket head moving out in the direction of the ball and face opened