

ITF Coaches Education Programme Level 2 Coaching Course



Advanced stroke techniques: The backhand

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

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

Backhand Grips & Variations



- Eastern
- Extreme
- Continental
- Two-handed
- Flat/Slice/Topspin
- Topspin
- Slice/Flat
- Topspin /Flat/Slice



ONE HANDED TOPSPIN BACKHAND

One handed topspin BH

Preparation and backswing

- Synchrony: Pivot, hand and shoulder turn together
- Various types of backswing:
 - Half U loop
 - Normal loop
- End of the backswing: knee flexion and racket head at shoulder height
- Weight transference moving onto back foot
- Racket drops below the height of the ball

One handed topspin BH

Forward swing and contact



- Step towards the ball
- Knee extension --> low to high swing
- Hip lifts and turns --> shoulder lifts
- Trunk rotates
- Elbow is flexed first and then extends
- Impact in front of the front foot, racket face vertical and parallel to the ground

One handed topspin Follow through



- Upward path on the left of the hitting arm
- Racket head above the wrist
- Back foot comes round and ends up level with the front foot (deceleration!)



TWO HANDED BACKHAND

Two handed backhand Preparation and backswing



- Automatic take-back and shoulder turn
- Backwards rotation of hips and trunk
- Step forward ---> linear momentum
- Racket loop behind the body

Two handed backhand Forward swing and contact



- Hips cause the trunk to rotate
- Both arms rotate with the trunk
- Little movement of the elbows or wrist prior to impact
- Impact in front of the front foot, open stance
- Racket head vertical and parallel to the ground

Two handed backhand Follow through



- Individual
- Wrap the arm and the racket over the shoulder



SLICE BACKHAND

Slice backhand Preparation and Backswing



- Upper body rotates, back and up movement
- Body weight backwards and upwards
- Non-playing hand takes the racket back
- Elbow flexed at the end
- Racket face parallel to the ground and at shoulder level

Slice backhand

Forward swing and contact



- Movement from top back to bottom front
- Non-playing hand releases the racket and goes backwards
- Body weight shifted downwards and forwards
- Elbow extended, wrist firm and racket face slightly open

Slice backhand Follow through



- Individual
- Continue further down and forward
- Ending with the racket and arm at shoulder level