

GIANT Tennis Forehand

red

- Pizza Slice
- Semi western grip
- Racquet flat on contact
- Strong wrist
- Finish over shoulder
- Hold racquet at the bottom

orange

- Have control over string placement
- Racquet head higher than the wrist on take back
- Increased racquet head speed
- Control height over net
- Small backswing
- Pinkie finger right on the bottom of the handle
- No index finger up the back of the handle

green

- Less control over the hand
- More body input into shots
- Butt cap pushes out to contact point
- Top spin (from low to high and early contact NOT WRIST FLICK)
- Relatively good control over the ball
- Take advantage over shot balls
- Learn how to use it tactically
- Trigger finger
- Squeeze with bottom three fingers
- Open stance

yellow

- Body creating the power
- Good racquet head speed
- Learn to use opposite side of the body to help with rotation
- Learn how to use it tactically (strength)

GIANT *Tennis Backhand*

red

- Hide and Surprise
- Double handed
- Butt of racquet facing coach at start and end of swing
- Side on stance

orange

- Flat racquet face on contact
- Turn shoulder on contact
- Control height over net
- Choose between 1 or 2 handed

green

- Change grip
- Opposite handed dominating
- Body to create power (legs and hip)
- Extension on follow through
- Being able to play shots tactically (defence, natural and attacking)
- Slice

yellow

- Racquet head speed
- Suit tactical

GIANT *Tennis Serve*

red

Contact above the head
Have a good throwing action (elbow up, arm at 90 degrees)
Control ball toss with opposite hand
Side on stance

orange

Trophy/ muscle position
Follow through to opposite pocket
Contact at highest reaching point
Line up feet for accuracy

green

Continental grip (also trigger finger)
Turn shoulder for power
Take back going past the toes
Ball toss going just higher than the racquet at full reach and contact when the ball drops
Second serve with spin

yellow

Jumping
Accuracy
Makes 80%+ of second serves

GIANT *Tennis Volley*

red

Get racquet behind the ball
Keep racquet head up the whole time (not waving at the ball)
Just forehands

orange

Racquet on more of an angle
2 Handed backhands (if they're struggling)
Go meet the ball with the racquet
Step forward with opposite foot

green

Continental grip
1 Handed backhand
Angle racquet face for appropriate height

yellow

Lead step
Angle racquet head for low volleys

GIANT *Tennis Footwork*

red

Wide base

Close stance

Run to ball

orange

Hit while on the move

Stop with space to hit the ball

green

Split step

Get into load position when ball bounces

Open stance on forehand

Limit sidesteps....to slow, encourage running

yellow

Cross over, slide step split recovery

GIANT *Tennis Game Smarts*

red

Basic understanding of the rules:
1 bounce, hit over net, hit inside the lines etc.

orange

Full understanding of the rules
Recover to centre of court
Understand that consistency will win you points (but that comes through good technique)

green

Recovery positions
Serve to set up point
Have an understanding of their individual game suited to their personality and body type
When and how to approach the net
Be able to hit natural/defensive and attacking shots at the right times
Know how to create short balls

yellow

Be able to implement game style and game plan
Have a second 2nd game plan
Understand the strengths and weakness of other playing styles
Have a weapon (forehand, serve, movement etc)