

GIANT *Strokes Foundation*

serve

Continental Grip
Balance/Posture
Hip over Hip and Shoulder over Shoulder
Rhythm/Toss – co-ordinated arms, slow to fast, impact height 1.5Xstanding
Trophy Position
Throwing arm heads towards 12

groundstrokes

Forehand - Pizza Position / Backhand - Hide & Surprise
Co-ordinated circular swing
Keep swing on one side of the body
Timing, racquet back when ball bounces
Balance/Posture
Positive contact
Hip and Shoulder rotation

volley

Contact out in front
Racquet behind the ball
Continental grip
Strong base
Racquet doesn't go past body

movement

Athletic stance
Run, minimal side steps
Strong movement patterns