**Critical Elements & Cues for:**

|  |
| --- |
| **RACKET GRIP** |
| * Shake Hands with the Racket
* Soft Squeeze on Racket Handle
* Strong Wrist
* Striking Surface Ready
 |

**Critical Elements & Cues for:**

|  |
| --- |
| **SERVE** |
| * Step in Opposition
* Bounce Once Before Serving
* Swing Low to High
* Follow Through After Contact
 |

**Critical Elements & Cues for:**

|  |
| --- |
| **FOREHAND STRIKE** |
| * Apply Racket Grip Cues
* Non-Paddle Shoulder Towards Target
* Racket Starts at Waist for Swing
* Transfer Weight from Back to Front Foot
* Follow Through to Target
 |

**Critical Elements & Cues for:**

|  |
| --- |
| **BACKHAND STRIKE** |
| * Apply Racket Grip Cues
* Paddle Shoulder Towards Target
* Racket Starts at Waist for Swing
* Transfer Weight from Back to Front Foot
* Follow Through to Target
 |