**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 |