



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