# The Grip - What, Why, When & How

What: The grip controls the angle and direction of the racket head

Why:

A good grip determines the height, direction, length, width, speed and touch of the ball

What:

All the time

How:

- Racket held in fingers with the first finger higher in a 'V' position for control of the racket face
- The thumb and the forefinger control the grip
- The three remaining fingers apply pressure on power shots

## Shot: Boast Recovery to T Zone Follow through Perception Watch opponent (Body position & racket Head) What: An attacking or defensive shot. The ball strikes the side and front wall and lands on the floor close to the opposite side wall. There are two and three wall boasts Strike the ball • To draw your opponent to the front of the court Why: · To change the direction of play · A defensive boast buys you additional recovery time Track ball When: When your opponent is behind you or not watching When under extreme pressure and you have no alternative (usually a three-wall boast) Body, arm and grip Acti Start moving into Decision strikingzone & begin racket preparation How Last stride on Select stroke

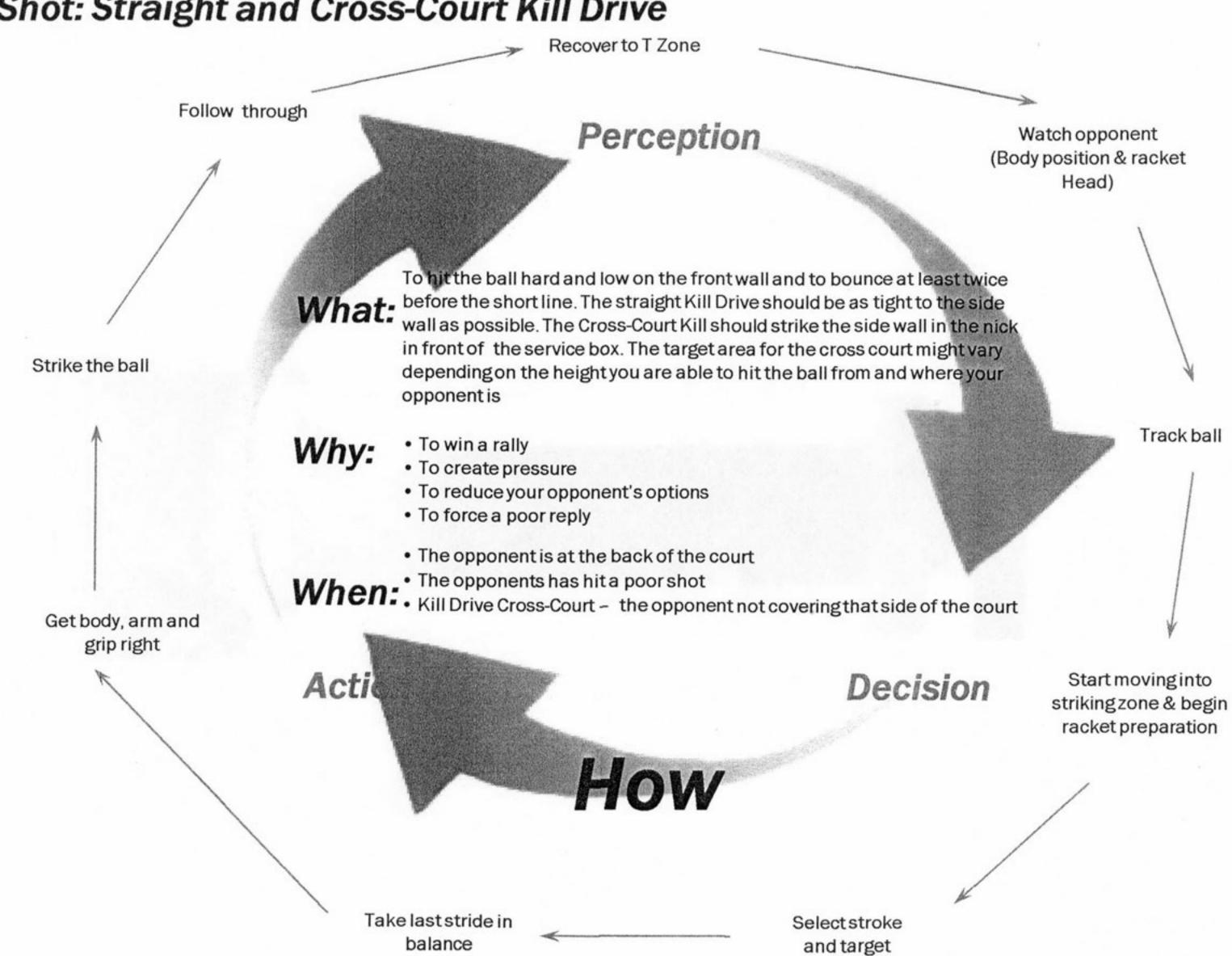
and target

balance

## Shot: Return of Service Recovery to T Zone Follow through Perception Watch opponent (Body position & racket Head) What: To use a range of replies, but a majority of returns will be a straight drive or volley Strike the ball Why: If appropriate try to volley the return to take time away from your Track ball opponent and put them under pressure When: To return the service to put your opponent under as much pressure as possible Body, arm and grip Start moving into Acti Decision strikingzone & begin racket preparation How Last stride on Selectstroke and target balance

## Shot: Straight Volley Drop Recover to T Zone Follow through Perception Watch opponent (Body position & racket Head) What: An attacking shot played before the ball bounces. The ball is hit to the front wall, floor and fades into the side wall. Taking the pace off the ball is vital. Strike the ball · To win the rally Why: · To apply pressure • To draw your opponent to the front of the court Track ball · To reduce the time your opponent has to get organised When your opponent is behind you When your opponent is at the back of the court When: Get body, arm and grip right Acti Start moving into Decision strikingzone & begin racket preparation How Take last stride in Selectstroke balance and target

# Shot: Straight and Cross-Court Kill Drive



### Shot: Straight Drive to Length Recover to T Zone Follow through Perception Watch opponent (Body position & racket Head) What: To hit the ball close/tight to the side wall. The ball should bounce behind the service box and fade into the back corner Strike the ball Why: · To help build a rally · To take control of the T Zone Track ball To force your opponent into the back corners · To create pressure · To reduce your opponent's options · To force a poor reply · If your opponent is at the front of the court When: • If your opponent is on the T Zone Get body, arm and grip right Acti Start moving into Decision strikingzone & begin racket preparation How Last stride on Select stroke balance and target

## Shot: Straight Volley to Length Recover to T Zone Follow through Perception Watch opponent (Body position & racket Head) What: To strike the ball before it bounces so that it lands at the back of the service box and fades into the back corner Strike the ball Why: To take/maintain control of the T Zone · To apply pressure · To take time away from your opponent Track ball · Wheneveryou can When: · When your opponent is in front of you · When your opponent is on the T Zone Get body, arm and grip right Start moving into Actil Decision strikingzone & begin racket preparation How Take last stride in Selectstroke balance and target

### Shot: Cross-Court Drive to Length Recover to T Zone Follow through Perception Watch opponent (Body position & racket Head) To hit the ball cross court so the ball hits the side wall in front of or behind the service box on the opposite side of the court and fades into the back What: wall. The target area for the cross court drive will vary depending on the height you are able to hit the ball from and where your opponent is. Strike the ball Why: To take control of the T Zone · To force your opponent into the back corners To create pressure Track ball To reduce your opponent's options To force a poor reply · To create variation of play To change direction of attack When: If your opponent is at the front of the court If your opponent is not covering that side of the court Get body, arm and grip right Start moving into Actil Decision strikingzone & begin racket preparation How

Take last stride in balance

Selectstroke and target