

The Grip – What, Why, When & How

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

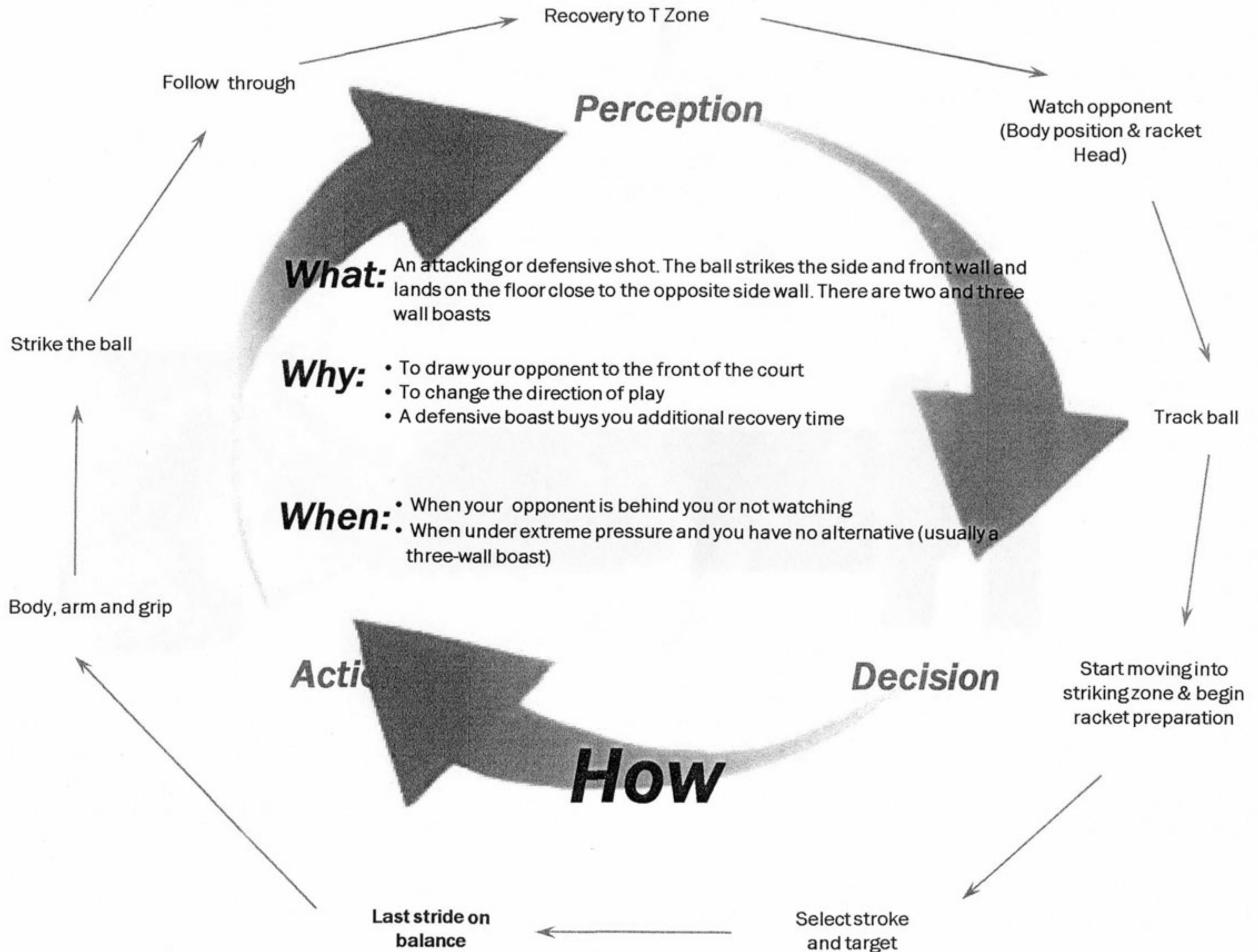
Why: A good grip determines the height, direction, length, width, speed and touch of the ball

What: All the time

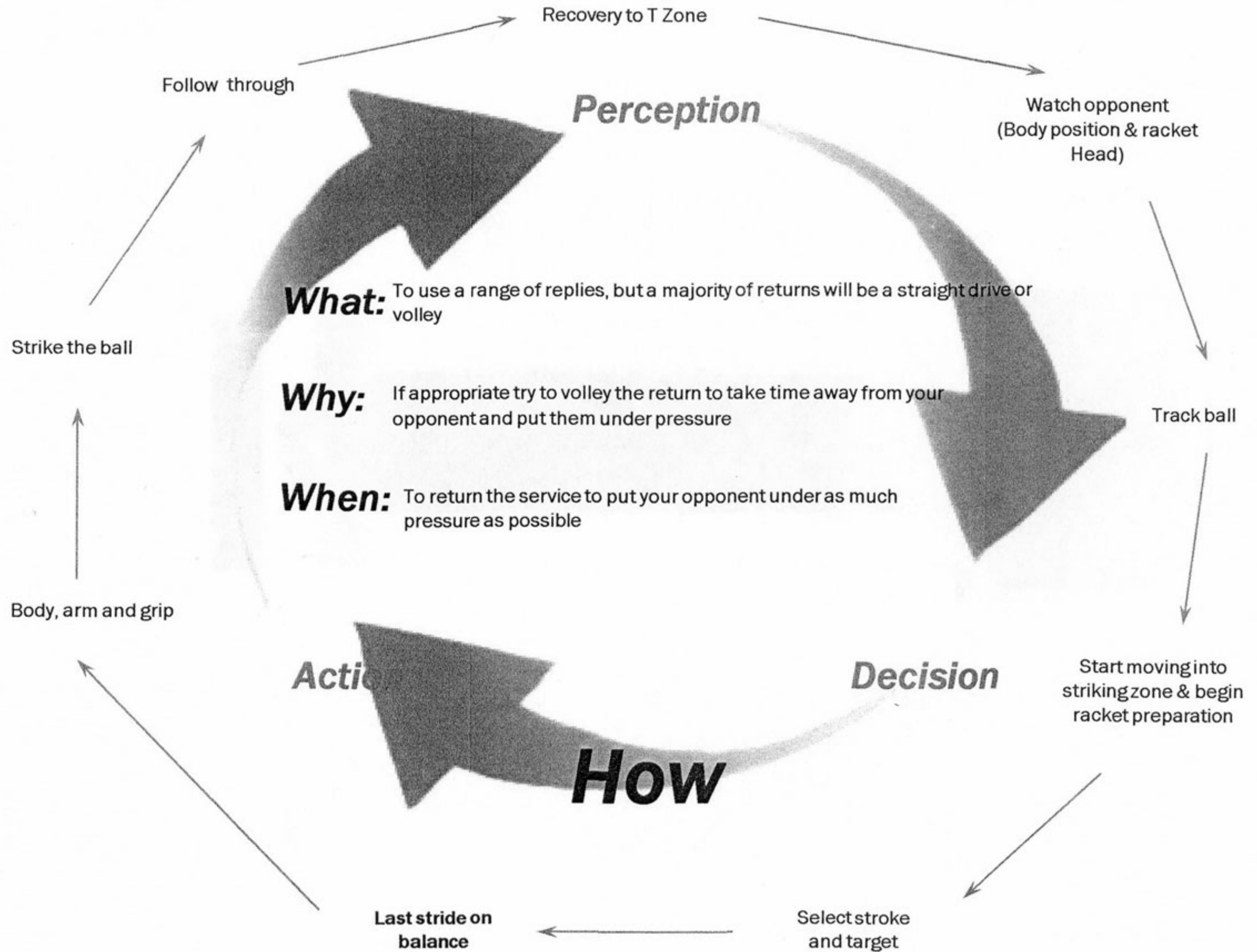
How:

- 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

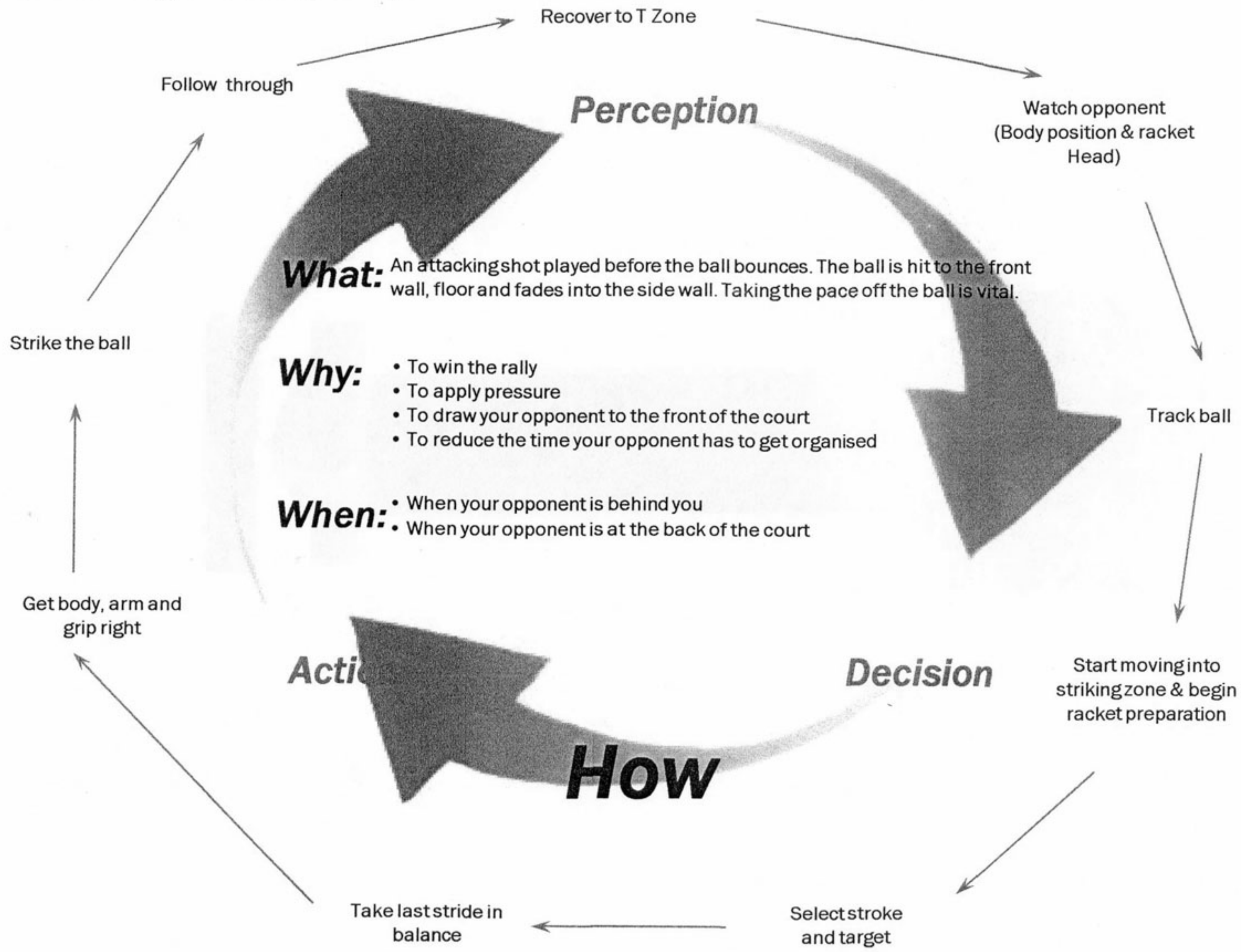
Shot: Boast



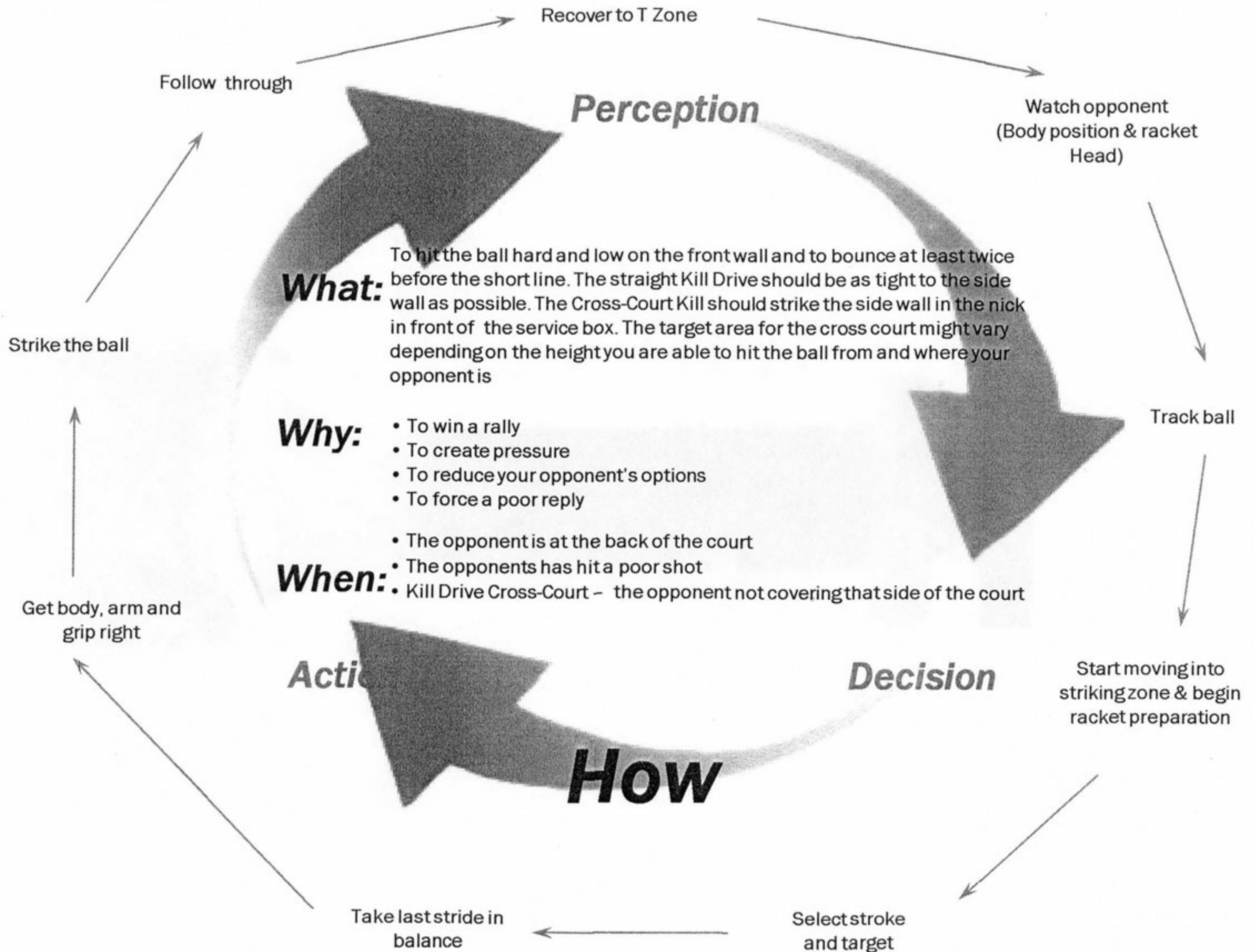
Shot: Return of Service



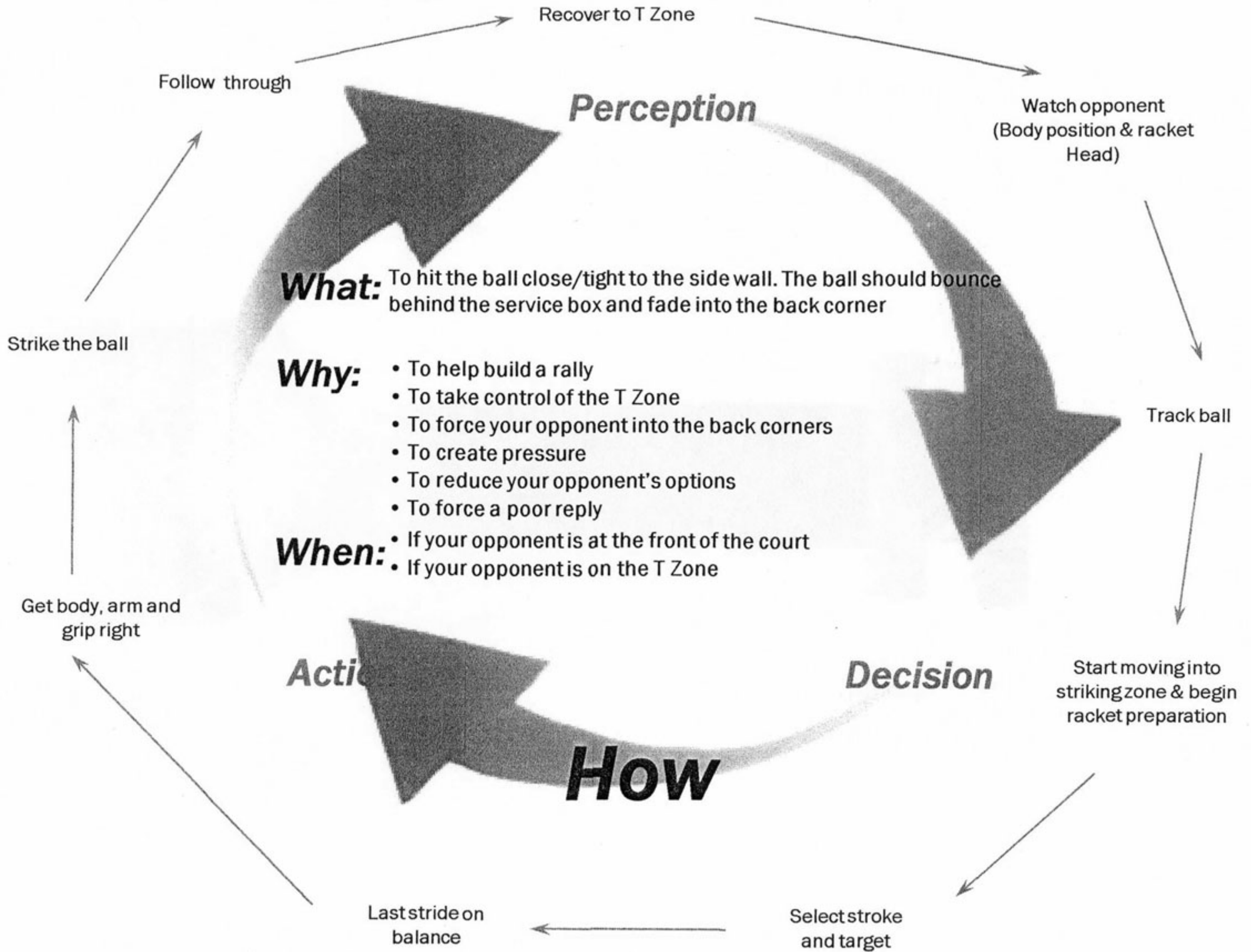
Shot: Straight Volley Drop



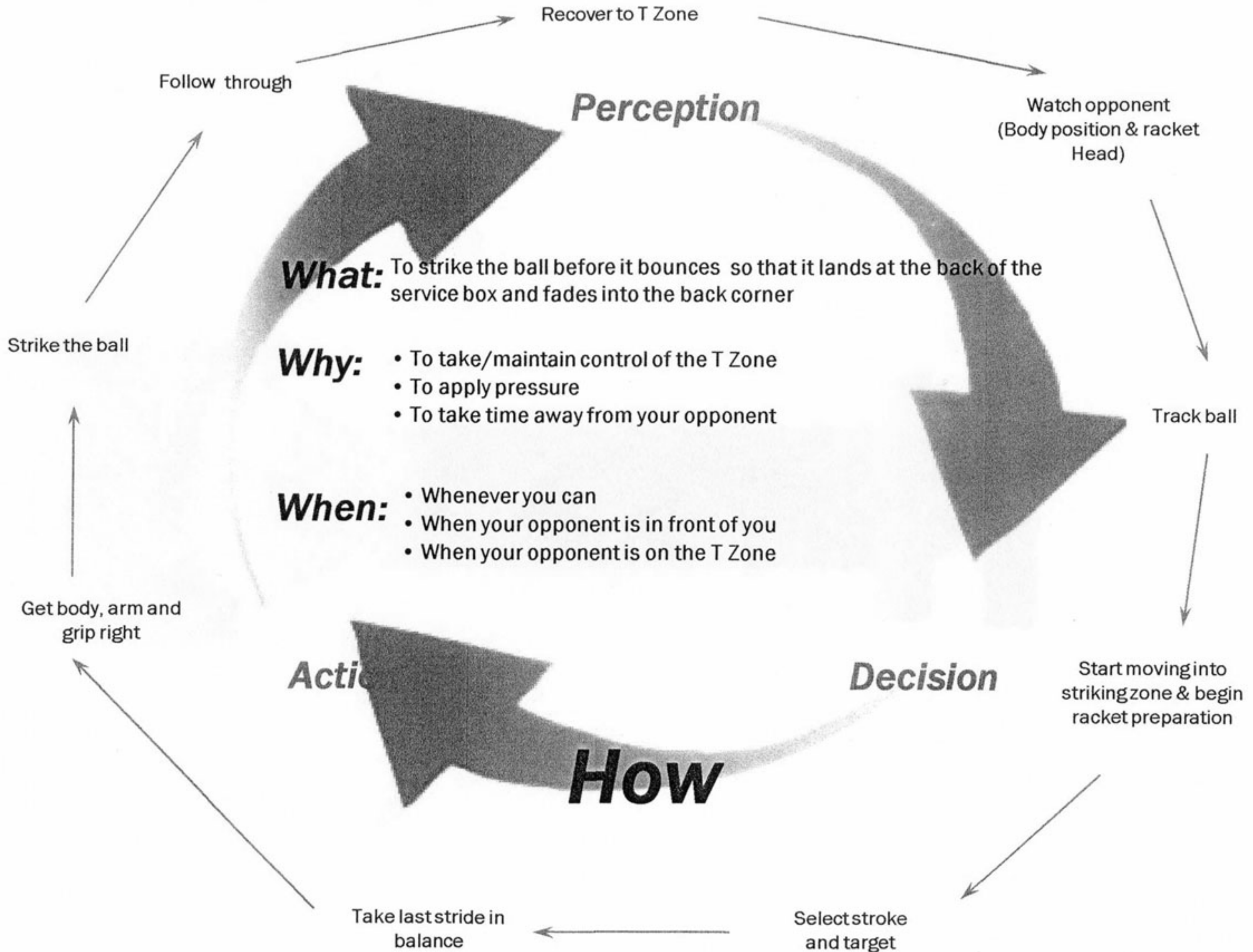
Shot: Straight and Cross-Court Kill Drive



Shot: Straight Drive to Length



Shot: Straight Volley to Length



Shot: Cross-Court Drive to Length

