

Unlocking The Hidden Power Of Your Body



EFFORTLESS FOREHAND



8 Steps
To A Modern
Forehand Technique





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Thanks for downloading this free report / checklist that contains the short version of the 8 Steps To A Modern Forehand Technique.

It's a quick reminder on WHAT are the key steps in building the forehand and HOW to execute them.

You can of course always go back to the whole article with the video on feeltennis.net in case you want to go more in-depth again. I'll give you a link again at the bottom of this report.

Let's get started!

Step 1: The Grip

I recommend the semi-western forehand grip but even if you place the hand on the correct bevel you can still hold the grip incorrectly.

The most common mistake is that the hand is perpendicular to the handle. When players holds the racket like that, they are not supporting the racket well because the index finger is not spread out.

#1 Mistake: your hand is perpendicular to the handle





The correct grip would be when we spread the fingers a little bit so that you see the index finger under the racket.



Step 2: The Ready Position & State

Now that we've set the grip right, we need to get in a ready position. I often see players in a ready position, but they're not in a ready state because they're just standing.

In a ready state, you are moving. You feel like you're dancing.

You can be dancing from foot to foot, or you can be doing something like mini split steps, but you have to do something.



A perfect example of a ready position and state where the player will land into a split step and be able to react very quickly



Remember: if you're not moving and if you're not doing a split step, you're not really playing tennis.

Step 3: The Preparation

The first thing you do when you see the ball coming to your forehand side is that you turn to the side.

The most common mistake is to use your arm a lot to go back; instead, you should turn to the side, and you should prepare the racket mostly with your off-hand.

When you prepare correctly holding the semi-western grip, then the racket face and your non-dominant hand are pointing to the side.



Step 4: The Drop

From the preparation phase, you should let the racket drop so that gravity can assist you with accelerating the racket. In a later stage of the forward swing, you will start to take over with your hitting arm.

I recommend that you simply drop the racket back in the direction of the back "edge" of the racket.

It should feel in your hand as if you're waving.



The important part in this drop-on-the-edge technique is that, as soon as your wrist starts turning, you let the racket drop fully and then you gradually take over and accelerate it.

If you have a hitch or a pause in your drop where the wrist will stay still for a split second, then you won't feel the real benefit of this technique because it works only if the whole forehand stroke is executed in a continuous manner.



Step 5: The Acceleration

The way the racket starts to accelerate or your arm starts to move forward is that it first has to lag a little bit.

Simply imagine your hips turning 90 degrees for now in this fundamental stage of building the forehand. In most cases, your hips won't rotate that much before contact, but you need to exaggerate the movement for you to feel it.

If, while your hips are rotating, you keep a relatively loose arm (since



you are just letting it fall in the drop using gravity), then your arm will lag a bit.

It's very important to understand that, when the racket head lags and the wrist is fully laid back, this happens by itself.

We don't "do" that by taking the racket back and flexing our wrist. It happens because we have a relatively loose wrist and we are rotating our body towards the ball; therefore, the racket falls behind – it lags.

Step 6: The Swing Path

The swing path is a straight line before and after contact. One way to describe this swing path is to imagine more of a bowling motion rather than a discus throw motion that typically happens when you imagine a circular path.

To get the feel for the bowling motion, you can simply take a few tennis balls and bowl them towards a target. After 20 or so repetitions, take your racket and see if you can implement this feeling of bowling into your swing.





Important: The bowling motion is the fundamental swing path of the forehand as it helps us feel the effect of the gravity that helped us accelerate the racket and it allows us to play consistently and accurately.



But when you receive a higher ball, you will have to adjust your swing, which will be more horizontal and actually closer to a discus throw.





Step 7: Contact & Extension

We've now reached the ball in our swing and have to contact the ball. If we want to apply some control to the ball, we want to spin it a little bit.

To experience this technique stand next to the back fence and place the ball between the racket and the fence and then press it a little bit and roll it up and down.

Once you get the gist of it, drop feed the ball to yourself and accelerate this movement since the idea of compressing & rolling is a slight exaggeration but it helps you quickly understand how to approach hitting the ball.

As I've mentioned in the swing path part, we want to swing straight through the ball to improve the accuracy of our shots.

In this part, after the contact, we usually explain it as extending after the ball.

You can imagine just following the ball for a bit to develop this extension.





The extension happens naturally if you have a clear intention and you are aiming into a specific target.

Step 8: The Follow-Through

I recommend that you work on catching the racket with your left hand somewhere above your shoulder in this position because, when you catch the racket, your left arm and your left shoulder will go out of the way.

When we catch the racket, then our shoulders can move freely through the shot. That helps us generate more power and move much more efficiently.





Summary

The 8 steps to a modern tennis forehand technique (<http://www.feeltennis.net/modern-forehand-technique/>) is a method of developing the fundamentals of the forehand which should be applicable to all recreational and junior tennis players, especially if they are struggling with the forehand.

If you found this guide useful and want to take your forehand improvement even further, then check out the Effortless Forehand video course (<http://www.feeltennis.net/effortless-forehand/>) which goes much more in depth on:

- how to develop more power on your forehand with the help of drills based on biomechanics,
- how to eliminate technical flaws that cause you to play inconsistently,
- how to learn the techniques of the neutral, closed and open stance forehands,
- and much more.

Thanks again for downloading the checklist and supporting my work on FeelTennis.net!

Best, Tomaz Mencinger
<http://www.feeltennis.net>