

3" x 5" On-Court Note Cards
(Keep these in your bag!!)

Key Tips

Grip

- *Eastern Or Semiwestern Grip
- *Heel of Hand Just Of The Racquet
- *Angle The Hand
- *Spread the Index Finger
- *Relax The Hand

Key Tips

Start

Starting Line

- *Racquet Slightly Tilted
- *Arms Relaxed
- *Hand On Throat
- *Hands Together Option
- *Shoulders Facing Net

1st Move

- *Hold The Imaginary Ball
- *Separate The Hands
- *Off Arm Parallel To Baseline
- *Off Hand Lightning Bolts
- *Fingers Spread

Key Tips

Finish

- *Arm Bent And Relaxed
- *Head Above The Hand
- *Head At Contact
- *Bicep Close To Head
- *Hold The Finish

Key Tips

Finish Variations

- *The Drive
- *The Hook
- *The Lasso
- *The Flick

Key Tips

Targets

- *Aim Lower
- *Aim Higher
- *Make a Different Mistake
- *Break The Window
- *Just Past The Service Line
- *Exaggerate
- *Drive: Lasers
- *Heavy Ball: Rainbows