

SHOT OF THE WEEK - 5 PART SERIES

WEEK 1: THE FOREHAND DRIVE

FOCUS	Power and accuracy in forehand groundstroke shots
PRACTICE	Forehand crosscourt and down-the-line drills
	Footwork and positioning for optimal forehand execution
	Forehand rally with varying spin and pace
KEY TAKEAWAYS	Building consistency, adding topspin, and maintaining control

WEEK 2: THE BACKHAND SLICE

FOCUS	Defensive and offensive use of the backhand slice
PRACTICE	Slice backhand approach shots
	Low ball retrieval and deep slice returns
	Incorporating the slice into rally points
KEY TAKEAWAYS	Controlling the pace, keeping the ball low, and changing rhythm

WEEK 3: THE VOLLEY

FOCUS	Quick reflexes and net play proficiency
PRACTICE	Forehand and backhand volley drills
	Reaction drills with rapid feeds at the net
	Approach shot with low, medium, high volley combinations
KEY TAKEAWAYS	Improving touch, net coverage, and finishing points

WEEK 4: THE OVERHEAD SMASH

FOCUS	Execution of the overhead shot with confidence
PRACTICE	Positioning and footwork for overheads
	Rehearsing different angles and depths
	Reacting to defensive lobs with overhead finishes
KEY TAKEAWAYS	Proper technique, generating power, and maintaining balance

WEEK 5: THE SERVE

FOCUS	Developing a consistent and accurate serve
PRACTICE	Focused drills on flat, slice, and topspin serves
	Serve placement and targeting specific areas of the service box
	Practicing second serves with consistency
KEY TAKEAWAYS	Maximizing serve power and placement, minimizing double faults