



1. DEMO GOLD STANDARD:

The coach demonstrates what a Forehand should eventually look like.



2. LIFT, BOUNCE, CATCH:

A) Ball balanced on strings, lift in air, let it bounce, catch it back on strings.

B) Same but catching the ball on the other side of the racket face.



3. SELF RALLY:

A) Continuous rally using only the thumb side of the racket.

B) Same as **A** but using alternating sides of the racket.



4. PARTNER RALLY:

(to same target)

Players face each other about 4 feet apart and rally (alternating hits) to the same target between them. A line make a good target.



5. ALLY RALLY:

Partners face each other across the doubles alley and try to cooperatively sustain a rally while trying to hit the two lines of the alley. (no barrier (net) yet)



6. RALLY OVER NET:

Partners across the net with a ground target just 4 feet from the net. They try to rally hitting their partner's target.

(first stage a barrier (net) is used)



7. BACK UP:

Same as stage step 6, but players back up every time they successfully rally 4 or 6 balls.

Coach can change the number based on student success.

TIP: The coach should always be helping players giving advice about the **segmented swing** and **swing speed** advice.