

# 1-Handed Backhand Checkpoints – Stan Wawrinka



## 1. UNIT TURN:

Player faces chest sideways with non-hitting hand attached and the racket head aims towards sky.

Hitting wrist in extension, no hump. (give gas to motorcycle)



## 2. LOAD:

Player has their weight on the **back foot**. Front leg is still bent.

The racket strings should be facing the back fence here.



## 3. EXPLODE:

The player's weight transfers more towards the front foot.

Racket head drops below ball and, but cap is aiming at the incoming ball.



## 4. POINT OF CONTACT:

The Point of Contact should be in front of lead foot with a straight arm.

Eyes should be looking at the impact point with weight mostly on the front foot.



## 5. EXTENSION:

Just after the Point of Contact the racket should extend at least 1-2 feet towards the target. This happens before it wraps around the body.



## 6. FINISH:

Front legs straightens out

Racket wraps way across body

Chest faces forwards

Left arm still lagging behind