

2-hand Backhand Checkpoints - Novak Djokovic



1. UNIT TURN:

Player should turn both their torso and racket to the side.

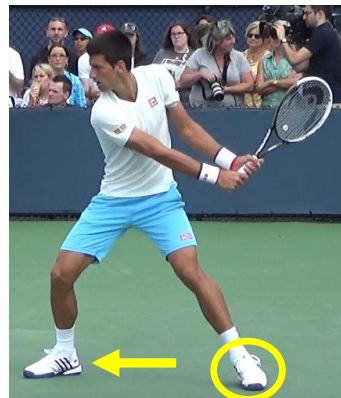
The non-hitting hand should stay attached to the racket until it is mostly back.



2. LOAD:

The player loads their weight on the back foot with a bent leg. Front foot is often off the ground.

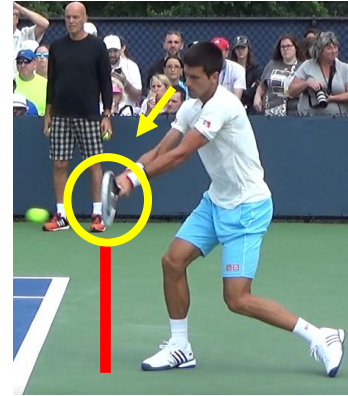
The racket head should be towards the sky here.



3. EXPLODE:

The player's weight transfers from the back foot to the front foot.

The racket is still lagging behind at this checkpoint.



4. POINT OF CONTACT

The Point of Contact should be near or in front of the front foot.

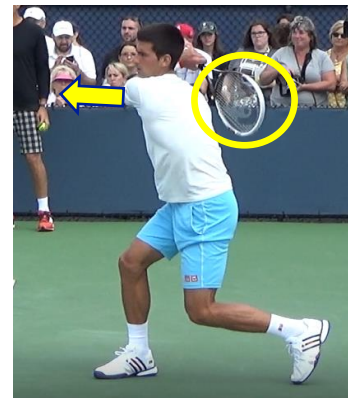
Weight is mostly on the front foot and eyes should look at the impact point.



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:

The finish can be in many acceptable positions all based on what the player is trying to do with the ball.

The opposite shoulder is often pointed at the target.