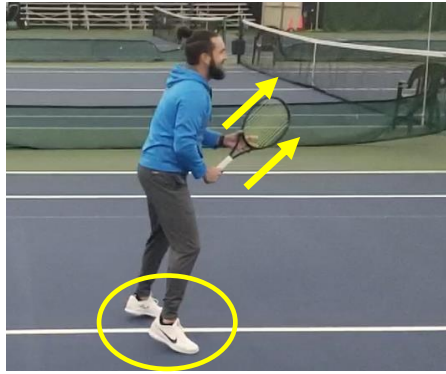


Overhead Checkpoints



1) READY POSITION: Players slightly leans forward with weight on their toes (not heels) and the racket should be above the hands like a boxer. Non-dominant hand on throat of racket.



2) JAB STEP: Player steps forward planting the opposite foot and pushes off to begin his unit turn and starting his backward movement.



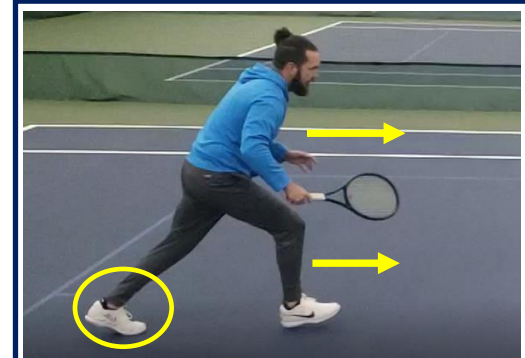
3) TURN TO TROPHY: Unlike a serve, the racket should go directly to the trophy position using an abbreviated backswing. Racket tip to the sky.



4) LOAD & EXPLODE: The player loads weight on back foot and may jump (explode) to execute a kick step if needed. Racket still points to the sky.



5) POINT OF CONTACT: Contact should be made in front of the body and arm should be straight and fully extended.



6) FINISH: Player plants rear foot to stop backwards momentum and quickly moves back in towards the net.