

LIVE CALL

Sunday

Mar 26, 2023

Jorge Capestany





Q 1: I'm a 3.5 player with almost no racket drop on my service motion in matches, yet when I film practice, I get a nice racket drop. I just need to keep working on not opening my racket face & coming up on edge. Is this correct & any other tips? **Brad**

The NINE Serve Checkpoints

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Before the Serve:

Grips & Stance: The continental grip is non-negotiable. Stance should be comfortably to the side as if you are shooting a bow and arrow



1) RITUALS

Player should have their **weight on the front foot** and racket should be inside the baseline. Feet should be at least shoulder width apart.



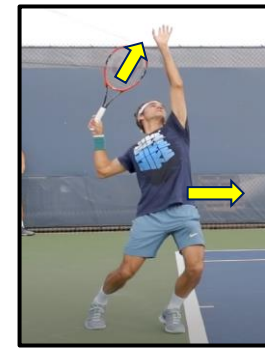
2) WEIGHT TRANSFER

Players should transfer their weight to the back foot, **racket should remain in front** but the of the body.



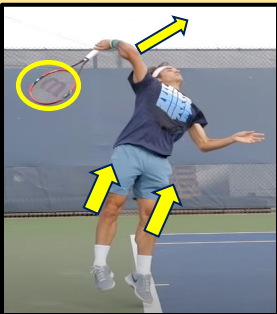
3) BALL RELEASE

Players arms should be staggered with palm down. **Toss release should be about eye high.** The weight begins to transfer back to the front foot.



4) LOADING (TROPHY)

Player's left hip and/or knees should extend inside the baseline. Arms staggered. **Racket head up towards sky.** (no waiters tray)



5) LAUNCH

Players launch up and forward into the court. **Pull with lead elbow.** Strings should be visible from the side. Hips are still facing to the side.



6) POINT OF CONTACT

The left arm collapses in towards the chest/ribs. **The hitting arm should be fully extended** with no "pike" in the hips. Eyes should be up at the ball.



7) ARM ROTATION

The **hitting side of the strings should be facing the camera** now. Inverted elbow and thumb is pointed down revealing the fingers.



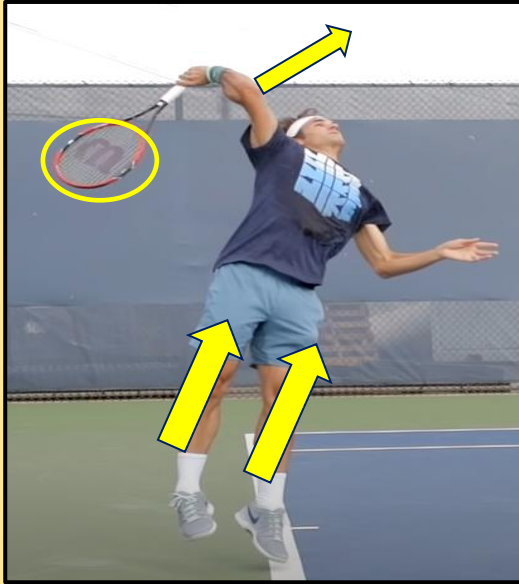
8) LANDING

The player should **land inside the baseline** and on his left foot. The follow through begins to occur on the left side of the player's body.



9) COUNTER-BALANCE

Player should be bent at the waist with his **non-landing leg extended backwards.**



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Players launch up and forward into the court. **Pull with lead elbow.** Strings should be visible from the side. Hips are still facing to the side.





Q 2: How do you time the beginning of the C-loop swing and racket drop and the slot and forward swing to the timing of the **bounce** on my side of the court?
George

Stroke Timing

C-loop swing

Racket drop

The slot





Q 3: What is a good drill for volley change of direction? My players tend to volley straight back to the baseline player.

Joules

When to Change your Gameplan

[Check Drill - Watch Here!](#)

[Big Ball Poach – Watch Here!](#)



Q 4: Please could you show examples of how you teach different levels of players how to correct their faults i.e. Junior player the forehand or serve. Especially beginners going through all the various strokes. **Ian**

Corrective Techniques

[Technique Courses – Click Here!](#)



Q 5: I have completed the Courses on Technique. Could you make a video of how to use the video app and do I just need my phone? **Anthony**

Using Video Apps

1. Technical Checkpoints

2. Which Apps



Coach's Eye

Sept 14, 2021 - Done



Onform

Formerly Hudl

The NINE Serve Checkpoints

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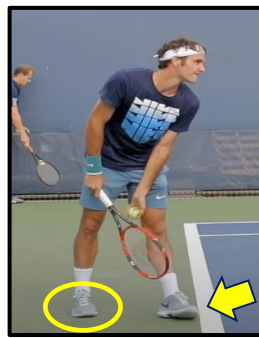
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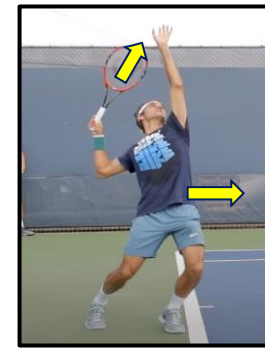
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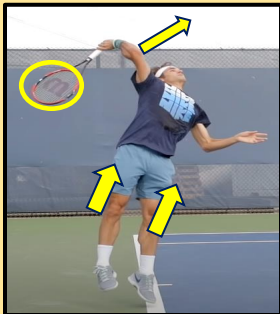
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Six Forehand Checkpoints - Vika Azarenka



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.

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 back leg will go from bent to straighter.



4. POINT OF CONTACT:

The Point of Contact should be near the front foot.

Eyes should be looking 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 is wraps around the body.



6. FINISH:

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

The hitting elbow is often pointed at the target.

Corrective Techniques

[Technique Courses – Click Here!](#)



Q 6: Recently I saw you posted something about your new Blog area. I believe you mentioned that something that we can send to our members for free is that the case and how does it work?
Mark

[Updated Blog on TennisDrills.tv](#)



Q 7: I have been a subscriber now for 6 months and I love your site. But with 2,000 drills, how am I expected to use them all or should I even be trying to do that?

Barry

Incorporating New Drills

> Dynamic Warm Up

1. Serve Drills
2. Return Drills
3. Baseline Drills
4. Net / Transition Drills
5. Passing & Lob Drills

> Fun Class Ender

Other Considerations:

1. Music Concert
2. Greatest Hits
3. Themed Practices
4. One new each week

THE END

