**Tennis Skill Cues**

Forehand:

 • Prepare racket early.

 • Position body parallel to the path of the ball.

 • Position body at proper distance from incoming ball during contact.

 • Knees slightly flexed.

 • Step with opposite foot.

 • Maintain eye contact until striking the ball.

 • Contact the ball forward of the body.

 • Follow through.

Backhand:

 • Prepare racket early.

 • Position body parallel to the path of the ball.

 • Position body at proper distance from incoming ball during contact.

 • Knees slightly flexed.

 • Step with opposite foot.

 • Maintain eye contact.

 • Contact the ball in front of the body.

 • Follow through across body for 2 handed and in front for 1 handed backhand.

Serve:

 • Stagger feet at line.

 • Bend knees slightly.

 • Start with racket in ready position.

 • Ball toss is as high or higher than person plus racket.

 • Ball is tossed off serving shoulder.

 • Ball is struck with all joints fully extended.

 • Wrist follows through.

 • Feet are stationary during serve.

Volley:

 • Crouch to accommodate height of incoming ball.

 • Punch the ball (don’t swing).

 • Racket head is above wrist.

 • Step into the ball.

 • Keep eyes on ball until contact.

 • Attempt to create a low trajectory.