**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.