

Jeff Salzenstein's

2 HAND BACKHAND SOLUTION

Backhand Evaluation



Tennis Backhand Solution

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2 Hand Backhand Solution Evaluation

Pre-Program 2 Hand Backhand Score

Rate Each Area On A Scale From **1** - **10**

1 = Needs A Lot Of Work, **10** = My Backhand Is Like Djokovic's

Add Each Area For Your Total Score Before You Begin The 2 Hand Backhand Solution

Overall _____

Technique _____

Footwork _____

Balance _____

Consistency _____

Power _____

Confidence _____

Total Score _____

2 Hand Backhand Solution Evaluation

List what you do well with your 2 handed backhand.

What would like to improve with your 2 handed backhand?

What gives you the most challenges with your 2 handed backhand?

Do you want more spin or more drive on your 2 handed backhand?

What are your goals? Short term? Long term?

2 Hand Backhand Solution Evaluation

6 Week 2 Hand Backhand Score

Rate Each Area On A Scale From **1 - 10**
(**1** = Needs A Lot Of Work, **10** = My Backhand Is Like Djokovic's)

Add Each Area For Your 6 Week Total Score

Overall _____

Technique _____

Footwork _____

Balance _____

Consistency _____

Power _____

Confidence _____

Total Score _____

2 Hand Backhand Solution Evaluation

List what you are doing well with your 2 handed backhand now.

What did you improve with your 2 handed backhand?

What areas are giving you the most challenges with your 2 handed backhand now?

In the next 6 weeks, will you work on adding more spin or drive to your 2 handed backhand?

What are your new goals? Short term? Long term?