

3" x 5" On-Court Note Cards

(keep these in your bag!!)

Key Tips Grip

- *Top Hand: Eastern Forehand
- *Bottom Hand: Continental
- *Heel Of Bottom Hand Just of The Racquet
- *Angle The Hand
- *Spread The Index Finger Of Bottom Hand

Key Tips Start

Starting Line

- *Racquet Slightly Tilted
- *Arms Relaxed
- *Off Hand On Throat
- *Shoulders Facing Net
- *Hips Facing Net
- *Wide Base

1st Move

- *Stalk The Ball
- *Arms Relaxed
- *Racquet Tip Up
- *Shoulder Face The Net
- *Hips Facing Net
- *Shuffle Step

Key Tips

Landsdorp Old School Finish

- *Hands In Front
- *Step In To Ball
- *Swing Low To High Like Djokovic
- *Head at Contact
- *Feel The Left Side (Righty)
- *Racquet On Edge, Tip Pointing To Sky
- *Upright Body With Narrow Stance

Key Tips

New School Finish

- *Relaxed Hands
- *Open Stance Or Square Up
- *Swing Across The Body Like Murray
- *Head At Contact
- *Feel The Left Side (Righty)
- *Wide Base : Horse Stance

Key Tips

Targets

- *Aim Lower
- *Aim Higher
- *Make A Different Mistake
- *Break The Window
- *Just Past The Service Line
- *Exaggerate
- *Drive: Lasers
- *Heavy Ball: Rainbows