

Tennis Skill Analyses: Hitting Checklist

Skill No.	Opponent:							
		Date:						
	Score:							
	Skill	Skill Rankings (1 = Terrible, 10 = Great)						
1	Stance: lead foot pointing toward target, trailing foot in line with target and the lead foot.							
2	Bring racquet to the forehand or backhand position (out to side of body) before the ball crosses the net.							
3	If sufficient time is available before contact, bring racquet back so that the bottom of the handle is pointing toward the target. If time is not available, then hold the racquet firmly to the side to contact the ball.							
4	Shuffle feet to place body in optimum hitting position.							
5	Hold racquet low, swing from low to high. Sweep up as soon as ball is contacted.							
6	Transfer body weight from trailing foot to leading foot as you swing through the ball. (If the ball "pops", you've done this right.)							
7	Keep your eye on the ball until after you make contact.							
8	Contact the ball approximately eight inches in front of your body.							
9	Continue the swing up over the opposite shoulder.							
10	Return to ready position immediately. Don't gawk at the ball you just hit.							