**Tennis - The Forehand**

**How?**

1. **Ready Position**
   - Adopt a central ready position
   - Move fast and set yourself in a balanced position quickly
   - Turn non racket arm shoulder towards the ball rotating too half of

2. **Approach Footwork**
   - Ensure body weight is forward on toes
   - Open stance to hit cross court (feet flat and in line)

3. **Approach: Arm Movement**
   - Bring racket arm back in a slight ‘C’ shape then
   - Bring elbow through first followed by forearm

4. **Contact Point**
   - Contact is made in front of the body
   - The contact point must be between knee and waist height for maximum control

5. **On Ball Contact**
   - Push the ball across
   - As you make contact rotate your forearm over the ball creating topspin

6. **Follow Through**
   - Allow rotation of forearm to take racket across the body
   - Ending up near opposite shoulder
   - Recover back to ready position