

Your Complete Reference List of Technical Skills

Below is a list of most, if not all, the technical and tactical skills included in this book. The list has been divided into three parts:

- racket skills, skill in controlling the racket head and face
- the strokes, skill in performing the strokes and using them as tactical moves
- body skills, skill in moving.

If your technical skill is below standard then you will usually practise in at least one of these parts to put it right.

Read through the three sections and check which skills you can and cannot do. Then refer to the appropriate pages for information about any skills. This includes an analysis of each technical skill and its tactical use, common faults, their probable causes and corrections, and practices for each stroke.

RACKET SKILLS

		PAGES		
		Analysis	Technical Practice	Tactical Practice
		↓	↓	↓
Holding the racket	● the forehand grip	43	46	
	● the backhand grip	43	46	
	● the multipurpose/ universal grip	43	46	
	● changing grip		46, 47	
	● grip tensions		47	
	● long and short grips	43		
Controlling the racket head	● cocking the hand	44	47	
	● tap action	44	47	
	● push action	45	47, 48	
	● whip action	45	48	
Controlling the racket face	● flat face hits	45	49	
	● glancing face hits	45	49	

THE STROKES

(All played from the forehand and backhand sides and used for straight and cross-court shots)

		Analysis	PAGES Technical Practice	Tactical Practice
		↓	↓	↓
REARCOURT STROKES				
Overhead rearcourt strokes	● power smash	63	65	66
	● sliced smash	63	65	66
	● standard clear	67	69	69
	● attacking clear	67	69	69
	● defensive clear	67	69	69
	● fast flat drop	70	72	72
	● fast sliced drop	70	72	72
	● long drop	70	72	72
	● slow drop (check smash)	70	72	72
	● backhand clear	73	74	74
	● backhand smash	75	76	76
	● backhand drop	77	77	78
Low rearcourt strokes	● lob	79	80-1	81
	● drive	79	80-1	81
	● drop	79	80-1	81
MIDCOURT STROKES				
Overhead midcourt strokes	● power smash	82		
	● sliced smash			
	● fast drop			
	● slow drop			
Net height strokes	● drive	79	83	84
Low midcourt strokes	● block	85	87	87
	● push	85	87	87
	● tap	88	89	89
	● lob	90	91	91
Serves	● low serve	92	93	
	● flick serve	94	95	
	● high serve	95	96	
	● drive serve	96-7	97	
FORECOURT STROKES				
Above net	● kill	98	99-100	
	● brush	100	101	
	● push	101	102	
Just below net height	● tumbler	102	103	104
	● push	101	102	

Your Complete Reference List of Technical Skills

		Analysis	PAGES Technical Practice	Tactical Practice
		↓	↓	↓
FORECOURT STROKES <i>continued</i>				
Low – near the floor	● hairpin net reply	104	105	
	● lob	106	107-8	108
BODY SKILL				
Posture and balance	● centring the body	50	51	
Starting	● transferring body weight	51	54	
	● bounce start	52		
	● split jump	52		
Stopping	● transferring body weight	54	54	
	● split jump	54	54	
Travelling	● walking	54	54	
	● running			
	● chasséing			
	● cross-over steps			
	● lightness			
Transitions	● forwards to backwards	54	54	
	● backwards to forwards			
	● sideways			
	● diagonals			
	● split jump			
Lunges	● step patterns	55	56	
	● half lunge			
	● full lunge			
Recovery from lunge	● weight transfer	56	56	
Jumping	● vertical jumps	56	57-8	
	● diagonal jumps			
	● spin jumps			
	● scissor jumps			
	● forward jumps			
	● side jumps			
Landings	● deep landing	57	57-8	
	● rebound landing			
	● steps landing			