

Module 4

Effortless Power & Solid Technique

Week 3: Return

Lesson 1: Forehand: Catch And Hold

Shadow stroke forehand catch and hold (3 minutes)
Schedule 1-2 10-20 minute return sessions with a partner per week
Practice forehand returns deuce court (3 minutes)
Practice forehand returns ad court (3 minutes)
Play return points focusing on the catch and hold

Make sure to:

Get a partner/coach to serve at you from the service line and baseline

Practice your return every week

Catch the racquet at the finish on the throat

Hold the finish with the racquet high

Feel balanced at the end of the swing

Return and shadow 1st ball after return

Lesson 2: 2 Handed Backhand: The Power Block And Relax The Hand

Shadow stroke power block and relax the hands return routine (3 minutes)
Schedule 1-2 10-20 minute return sessions with a partner per week
Practice backhand returns deuce court: power block and relaxed hands (5 minutes)
Practice backhand returns ad court: power block and relaxed hands (5 minutes)
Play return points focusing on the power block and relaxed hands

Make sure to:

Get a partner/coach to serve at you from the service line and baseline

Practice your return every week

Hold the finish with power block and relaxed hands

Hands in front on power block

Bottom hand relaxed on relax the hands finish

Return and shadow 1st ball after return

Lesson 3: 1 Handed Backhand: The Power Block And Hold

Shadow stroke power block return routine (5 minutes)

Schedule 1-2 10-20 minute return sessions with a partner per week

Practice backhand returns deuce court (3 minutes)

Practice backhand returns ad court (3 minutes)

Play return points focusing on the power block

Make sure to:

Get a partner/coach to serve at you from the service line and baseline

Practice your return every week

Hold the finish

Arm straight and extended

Don't finish too high

Return and shadow 1st ball after return

Lesson 4: The Block Return: Hold It High And Close To The Head

Shadow stroke power block return routine (5 minutes)

Schedule 1-2 10-20 minute return sessions with a partner per week

Practice forehand returns deuce court (3 minutes)

Practice backhand returns deuce court (3 minutes)

Practice forehand returns ad court (3 minutes)

Practice backhand returns ad court (3 minutes)

Play return points focusing on the block returns

Make sure to:

Get a partner/coach to serve at you from the service line and baseline

Practice your return every week

Use continental grip

Hit like a volley

Lead with the bottom edge

Hold the finish

Bent arm

Racquet head close to the head

Return and shadow 1st ball after return