

Hey Josh! First of all, you should be proud of the game you have developed thus far, as it is one that will allow you to truly enjoy the sport. As you are past the beginner level, you should be seeing the surface of what the game has to offer, and I hope to bring that potential out of you. There were several technical aspects that I have found could improve your foundations and help take you to the next level. This will be where most of my focus is for this lesson.

## Serve:

- **Fix:** When you start taking your racquet back, drop your racquet head more before raising to trophy pose. Think of it as waving a wand. This will allow you to build more momentum from your swing for more power, but also help develop a fluid service motion.  
**Current Problem:** Right now, you are bringing your racquet up at the same time you toss the ball, and then pausing at trophy pose. This disrupts the flow of your swing, and you lose power, but also causes problems in timing.

You can see the motion of this racquet head drop by the pros in these links:

Federer: <https://www.youtube.com/watch?v=1YuShuybZnM>

Djokovic: <https://www.youtube.com/watch?v=FuDJ7crbkBo>

- **Fix:** In trophy pose, get your elbow away from your body rather than tucking it in. That will help your racquet head be more closed and facing downwards rather than open and facing upwards. Try to point your elbow such that it points 45 degrees behind you instead of pointing straight down.

You can see this represented in Sinner's serve:



- **Fix:** Toss can also be slightly more in front. Ideally, you want it in a position such that you can comfortably jump forward into the ball.

**Current Problem:** Right now, it is right above your head. This makes it difficult to transfer weight forward and jump into the ball.

## Forehand:

- **Fix:** The biggest thing for you is definitely to work on weight transfer into your shots. You have a tendency to lift your left leg when hitting the ball if you are not in a good position, causing you to lose balance. Make sure to get those little adjustment steps in so you can find a position where you can move forward, not sideways.
- **Fix:** When you take your racquet back, keep your elbow pointing to the back and slightly downwards, and your timing will improve.

**Current Problem:** Despite having a semi-western grip, you have a take back that is commonly used by players with western grips. This is because you drag your elbow back

in a way that it points upward. Since you are then forced to bring your forearm above your elbow after taking the racquet back, this leads it to be unnecessarily inefficient.

Here is a slow mo video of Kyrgios who uses western. Notice how he lifts his elbow up on his take back: <https://www.youtube.com/watch?v=TBHfZkPLb30>

Here is a slow mo vid of Federer for demonstration, who keeps his elbow more down: <https://www.youtube.com/watch?v=stEhSvoou4g>

- **Fix:** When you follow through on your shot, make sure your wrist truly pronates and flips.

**Current Problem:** Right now, your wrist is finishing on the same side and never truly closes. This reduces the spin from racquet head speed that you can get on the ball.

Here, you could see Dimitrov already beginning to close his wrist immediately after making contact with the ball:



## Backhand

- **Fix:** This is definitely your most stable and solid shot. Sometimes, your swing is not a fluid motion, so make sure you are not breaking your kinetic chain. One thing you could try is keeping your racquet up longer when you take it back, and only really dropping and going through the ball at the last second. This will help you feel the backhand as a single motion rather than a two step process.
- **Fix:** Your first step should be with your left leg, in which you step almost exactly in the same place as before, except you load on it and turn it to face the side. This will allow you to turn your waist more without any restrictions by the feet. Then, you can bring your right leg in front.

**Current Problem:** Right now, the first step you take after the split step is with your right leg going to the front.

## How to Progress From Here (Summary and Drills):

What you can improve the most and should prioritize improving is in this order:

### 1. Serve

- Drop your racquet head more before raising to trophy pose.
- In trophy pose, get your elbow away from your body
- Toss slightly more in front.
- Drills: Practice starting your motion at trophy position and ensuring every part of it is technically correct. Toss the ball and serve from there. When you feel comfortable with the next form, you can start from the bottom and make it a fluid

motion. To practice the racquet drop, just swing your arm loosely a few times, toss the ball, and go through the service motion.

2. Forehand:

- Weight transfer inward.
- Point elbow back and slightly upwards on take back.
- Drills: Practice hitting with only closed positions. This will force you to load on the right foot and push forward so your right leg can come in front. This will help you get a feel of weight transfer for when you get in other positions.

3. Backhand:

- Develop consistently fluid backhand motion.
- Step and turn left foot.
- Drills: Find a wall. Toss the ball on the wall and replicate moving as if you are going to hit a backhand. Make sure to start with your left foot, ensuring that it is turned horizontally. Then shuffle forward with the right in front and catch the ball with your left hand. Repeat.

Good luck moving forward!