



How to Hit a Forehand

In this video, you will learn how to hit a forehand.

In tennis, it is one of the most fundamental groundstrokes

The three key steps are the preparation, the shot and the follow through

Use a semi-western or western grip for the forehand shot

Do a split step and pivot on your racket leg

Transfer the weight on it and turn the shoulders sideways

When you turn with your shoulders, both hands should still be on the tennis racket

After the pivot and the shoulder turn, release the non racket hand and swing the racket arm back

The racket head should be pointing up

Extend your non racket arm parallel to the baseline to help you balance and judge the ball

Move the non racket leg in front maintaining the side on stance

Bend your wrist back and drop your racket arm

Remember to flex your racket leg

Tighten your grip, rotate the shoulders and the hips so that you face the net

You will notice that the racket automatically tilts a little behind you as you rotate your body

Swing the racket in a C shaped movement as you approach the ball

Hit the ball in front of the body and when it is around waist high

Extend the racket forward after contact and swing it across above your shoulder

Rotate the forearm as if you would want to see the time in your watch

Accelerate through contact in one movement until your follow through

If you have to run to the side to hit the ball, do a shuffle step or a crossover step to reach the ball

Flex your racket leg and twist the body to generate power from the open stance

Practice the forehand stroke against the wall or with a partner

Enjoy your game

<https://www.sikana.tv/en/sport/tennis/forehand>