



# How to Hit a Forehand Down the Line

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

When your opponent hits a cross-court shot, you could attack by going down the line to seal the point

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

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

Hold the throat of the racket with the non racket hand

As soon as your opponent goes cross-court, do a split step and take a couple of strides towards the ball

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

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

Plant your racket foot and flex your knee

You should be in the closed stance, with the non racket leg in front

## Step 2

### The Shot

Bend your wrist back and drop your racket arm

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

Keep your wrist firm just before and after the impact and hit an aggressive forehand

Use your body to move into the ball

Counter the angle of deflection by hitting a decisive shot

The ball should be just a little ahead of the non racket leg and the strings should be pointing towards the target

It's extremely important to flatten out at contact

The contact point is a little further away to the side for the down the line shot than the cross-court forehand

If you hit the ball too far ahead, you are likely to send it cross-court

### Step 3

The follow through

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

Imagine that there are four balls that you need to hit down the line

The racket should be flattened and maintained in the hitting zone for a little longer than usual

Accelerate through contact in one movement until your follow through

You could try hitting down the line with an open stance as well

Ask your partner to feed you cross-court balls and practice hitting them down the line

Enjoy your game

<https://www.sikana.tv/en/sport/tennis/forehand-down-the-line>