



How to Hit a Forehand Smash

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

When your opponent lobs, you could try and smash and end the rally

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

Step 1

The preparation

Use a continental grip

The racket frame should be perpendicular to the ground.

Hit an attacking shot and run up to the net

Be in the ready position, expecting a passing shot or a lob

Do a split step just before the opponent strikes the ball

When you see a lob coming your way, pivot and take your racket leg back

Release the non racket hand and raise the racket behind in the power position

Both elbows should be raised and bent, forming a triangle

The strings should point slightly downward and the racket head should be slightly to the side and above the head

Take a couple of side steps backward quickly

You could also do a couple of cross-over steps to get a little behind the ball

Raise your non racket hand towards the ball

This will allow you to track the ball and maintain your balance

Flex the racket knee as you load and get ready to smash

Step 2

The Shot

Drive your hip forward as you push off and straighten your knees

Drop the racket head behind your back

Start by swinging up at the tennis ball with the edge of the frame

Rotate the upper body towards the net

Pronate the forearm so that the racket faces the net just before you strike the ball

Snap the wrist and hit the ball

The contact should happen in the upper half of the racket

Pull down your non racket arm to the side as you strike the ball

Continue pronating through contact and into the follow through As you loosen up the racket arm comes across

Land on your non racket leg and racket leg in quick succession

A great serving technique definitely helps in negotiating the floating lobs

Do check out our video on how to serve

Ask your friend to feed you lobs and practice your overhead smash

It's not about smashing hard, but smashing smart

Enjoy your game

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