



How to Hit a Forehand Passing Shot

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

You can check out the videos how to hit a forehand cross court and down the line

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

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

Hold the throat of the racket with the non racket hand

As soon as your opponent hits to your forehand, do a split step and take a couple of strides quickly towards the ball

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

Plant your racket foot and flex your knee

Release the non racket hand and swing the racket arm back

The racket head should be pointing up

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

Straighten your knees and hit the ball in front of the body and when it is around waist high

Whip the ball with some topspin and hit underneath the ball to add some angle to your shot

Twist your hip and torso to send the ball cross-court

The extra topspin should make the ball dip into the cross-court service box

Avoid hitting a hard and flat cross-court shot as it could be intercepted

The other option is to hit down the line

The racket should be at the same level as the bounce of the ball as you swing

back and extend into the 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

Pick your target depending on the opponent's position and your strength

Step 3

The follow through

Extend the racket forward, up and across, above the non racket shoulder

Accelerate through contact in one movement until your follow through

For a down the line shot, try and maintain contact with the ball a little longer before swinging across

Ask your partner to feed you balls on your forehand and practice hitting passing shots cross-court and down the line

Enjoy your game

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