



How to Hit a Forehand Drop Shot

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

It is an effective single-handed stroke where the ball bounces close to the net and stays low, catching the opponent off-guard

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

Step 1

The preparation

Use the continental grip

When you see a short ball coming to the forehand and your opponent is well behind the baseline, you could opt for a forehand dropshot

Do a unit turn with the non racket leg in front and the racket shoulder pointing to the net

Lift the racket back and with the non racket hand so that it is well above the shoulder

The hitting elbow should almost be shoulder high

The preparation for the drop shot is the same as your forehand as it is important to disguise it

Switch to the continental grip at the last moment

The grip should be relaxed, otherwise you will pop the ball high

Step 2

The shot

Bend your knees and swing the racket forward, from top to down, and chop under the ball, in a U shape movement

At contact, the arm should be extended and the ball should be in front and to the side

Relax the wrist and the forearm and absorb the pace of the ball

The leading edge of the racket should move a little upward after contact to add some backspin

Ideally the ball should bounce three times in the service box

Avoid chopping the ball aggressively to add an exaggerated backspin as it could be difficult to control the height and the depth

Step 3

The follow through

Maintain the side on stance and finish with the racket extended in front of you and the other hand behind

After hitting a drop shot, be ready to run up to the net to cut off the angle and anticipate a drop

Practice your forehand dropshots until you master the technique

Enjoy your game

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