

SKILLS TREE

Key fundamental tennis skills

Basic tennis skills

Intermediate tennis skills

Advanced tennis skills

Professional tennis skills

Ready Position

Grip selection

Shoulder turn

Basic footwork

Serving Ready Position

Serve
 -side on
 -rhythm (down & up together)
 -ball forward & racket back
 -throwing swing (bend elbow)

F/H back swing

Topspin & slice swing patterns

Make L shape & keep left side out of slice B/H

Light continental grip and some wrist snap on serve

high contact for serve

Knee bend on serve

Timing rock & roll on serve

Cock & lock wrist for slice B/H & vol-

Continental grip and wrist snap on serve

Keep everything neat and tidy

The root of most skill errors in tennis come back to not doing the basics well enough, early enough, creating bad habits. Fixing the root cause of the skill error is the key to fixing the problem. Doing the basics well, sooner rather than later, is what enables a player to advance there skills to an elite level.