

Jeff Salzenstein's

# 1 HAND BACKHAND SOLUTION



Backhand Evaluation

**Tennis Backhand Solution**

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# 1 Hand Backhand Solution Evaluation

## Pre-Program 1 Handed Backhand Score

Rate Each Area On A Scale From **1– 10**  
(**1** =Needs A Lot Of Work, **10** = I Hit It Like Wawrinka And Federer )

Add Each Area For Your To Score Before You Begin The 1HBH Solution Program

1HBH Overall \_\_\_\_\_

Technique \_\_\_\_\_

Footwork \_\_\_\_\_

Balance \_\_\_\_\_

Consistency \_\_\_\_\_

Power \_\_\_\_\_

Confidence \_\_\_\_\_

**Total Score** \_\_\_\_\_

# 1 Hand Backhand Solution Evaluation

List what you do well with your one handed backhand.

What would like to improve with your one handed backhand?

What gives you the most challenges with your one handed backhand?

Do you want more spin or more drive on your one handed backhand?

What are your goals? Short term? Long term?

# 1 Hand Backhand Solution Evaluation

## 6 Week 1 Handed Backhand Score

Rate Each Area On A Scale From **1– 10**  
(**1** =Needs A Lot Of Work,**10** = Federer's Forehand Can't Touch Mine☺)

Add Each Area For Your 6 Week Total Score

1HBH Overall \_\_\_\_\_

Technique \_\_\_\_\_

Footwork \_\_\_\_\_

Balance \_\_\_\_\_

Consistency \_\_\_\_\_

Power \_\_\_\_\_

Confidence \_\_\_\_\_

**Total Score** \_\_\_\_\_

# 1 Hand Backhand Solution Evaluation

List what you are doing well with your one handed backhand now.

What did you improve with your one handed backhand?

What areas are giving you the most challenges with your one handed backhand now?

In the next 6 weeks, will you work on adding more spin or drive to your one handed backhand?

What are your new goals? Short term? Long term?