

3" x 5" On-Court Note Cards

(Keep these in your bag!!)

Key Tips

Grip

- *Eastern Or Semi Western Grip**
- *Heel Of Hand Just Of The Racquet**
- *Angle The Hand**
- *Spread the Index Finger**

Key Tips

Start

Starting Line

- *Racquet Slightly Tilted**
- *Arms Relaxed**
- *Hand On Throat**
- *Can Use BH Grip**

1st Move

- *Hold The Imaginary Ball**
- *Racquet Tip Up**
- *Find The Ball**
- *Feel Pull In The Shoulder**

Key Tips

High Drive

- *Use On Middle Balls**
- *Step In**
- *Head at Contact**
- *Feel The Right Side (Righty)**
- *Strings To Sky**
- *Arm Straight**
- *Hold The Finish**

Key Tips

“French Flair” Finish

- *Extend First**
- *Racquet Tip To Back Fence**
- *Let Wrist Relax**
- *Head At Contact**
- *Feel The Right Side (Righty)**
- *Hold The Finish**

Key Tips

Targets

- *Aim Lower**
- *Aim Higher**
- *Make a Different Mistake**
- *Break The Window**
- *Just Past The Service Line**
- *Exaggerate**
- *Drive: Lasers**
- *Heavy Ball: Rainbows**