

# Tennis Acrostic for Backhand

Brought to you by Coach Katherine from the Babette Horenstein Tennis Center

**B**ring your racquet back to your "back pocket" to begin your low to high

swing, swing forward making contact in front and then finish the swing high.

**A**cceleration of racquet prior to contact point will determine the pace of your

ball return.

**C**hange to your backhand grip as you are turning sideways and taking the racquet

back (this applies to both the one handed and two handed backhand).

**K**eeptwo hands on the racquet all the way through follow through for the two handed

backhand.

**H**it the ball out in front of your front foot.

**A**lways recover back to ready position as you watch the ball go to your opponent to be

better prepared for next shot coming your way.

**N**o man's land on the court is where you are most vulnerable. After hitting the ball,

move forward to the service line or recover back to the baseline for the next shot.

**D**evelop both your forehand and backhand. It is best to have the consistency between

the two strokes minimal so your opponents do not have an obvious weakness to pick on.

