

# Tennis Acrostic for Forehand

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



**F**ollow through – start swing back and low and finish with your racquet high out in front.

**O**ffer your opponent a variety of shots – deep and short or vary between slice and topspin.

**R**acquet head speed at contact point will determine the pace of your shot.

**E**yes should stay focused on the ball coming into your strings for a count of 2 before looking up to see where ball is going.

**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**et clearance of the ball ideally should be 3 – 5 feet over the net tape.

**D**evelop defensive and offensive skills to foster rally consistency and develop strategic plays.