

# Tennis Acrostic for Overhead

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



**O**verheads may be hit out of the air or off of a very high ball bounce.

**V**ery, very important to remember in your overhead footwork – turn sideways to move backward either by side shuffle or crossover steps to prepare for hitting the overhead.

**E**xercise placement of overhead to the middle of the court or to your opponent's backhand side in doubles.

**R**acquet grip should be held in #2 bevel position (also known as hammer or continental grip).

**H**ead stays up as non dominant hand is up tracking the ball. Keep eyes focused on the ball until the racquet has made contact with the ball.

**E**xpect your overhead smash to come back and be prepared to hit the ball again.

**A**im your overhead deep if you are hitting from behind the service line. If close to the net, angle the overhead smash instead of hitting deep into the court.

**D**evelop defense against the overhead by back peddling and do a split step as opponent is about the hit. Use a short back swing and block ball back for optimal response to the hard and fast coming ball.