

# Tennis Acrostic for Topspin

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

**T**opspin is a good choice when trying to hit deep groundstrokes. You will be able to push your opponent back in the court while keeping the ball in the court.

**O**pponents rushing the net can be frustrated by topspin groundstrokes dipping at their feet around the service line.

**P**ut topspin on the ball by using a brushing up motion on back of the ball. Think of it as skinning the fuzz off the back of the ball.

**S**pin combined with gravity on the ball allows a player to hit the ball harder and keep it in the court.

**P**retend you are hitting through three balls and then follow through over the shoulder to avoid brushing up too quickly and hitting too shallow on the court.

**I**deal beginner grip for developing topspin is standard forehand grip (bevel #3). As you develop skill, try modifying grip to bevel #4.

**N**et clearance for a topspin ball ideally is 5 to 7 feet over the top net tape. Really!

