

Tennis Acrostic for Slice

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

Slice ball groundstrokes utilize grip #2 for both forehand and backhand.

The racquet starts back about shoulder level and finishes out in front at about waist level. Be sure to transfer your weight forward as you hit.

Low balls and very high balls are easier to hit with slice since #2 grip has a slightly open faced racquet at contact.

Ideal choice for hitting drop shots and sharp angled balls near the net.

Remember to keep your touch soft. These shots require touch not power.

Contact with the ball is a high to low motion brushing the back of the ball to get the ball to spin in a backward rotation.

Even though you may have a two handed backhand for your topspin groundstrokes, execution of the slice backhand is ideally done with one hand. The one handed slice allows for more reach on the low and wide balls.

