

A Check List of Things To Practice

And To Think About

I use the following items as **my personal checklist** when practicing. You can use them and add to it to make your own list.

Strategy

When I make a shot that my opponent has to run hard for, I will move in to the net.

I will mix up going to the net on my first serve.

I will hit three balls in a row to the back hand before hitting anywhere else.

Groundstrokes

Work on saying bounce hit all the way after the point is over and to the final bounce.

Paying attention to my follow through so that I make sure I make a complete follow through on every hit, no matter what. Even when my opponent is at net or when I am playing doubles.

Feel the entire stroke without controlling it as you see the ball and breathe or do bounce hit.

Do the bounce hit even on the serve and return of serve as a variation.

Hit all balls hard that is above the net and not too deep.

Hit the ball hard with a smooth but powerful and complete swing.

Hit more topspin on low balls.

Breathe through the mouth in a relaxed way almost using a sigh just before and through hitting the ball.

When hitting forehands and backhands, keep your legs still.

Take a split step every time my opponent hits the ball.

Sometimes I will take a practice swing without the ball if I find my stroke is not feeling properly.

Allow my racket to rotate over the ball as I make contact with the ball.

Take a longer backswing for a more powerful and smooth stroke.

Work on being more relaxed between hits and more relaxed when running for balls.

On High easy balls, let the ball drop a little so that it is easier to hit.

When hitting a backhand, swing more straight through.

Serve

See the ball spinning as I toss it into the air and see the blur of the racket as I hit the ball.

See the ball as it goes over the net and to my opponent's racket.

Stay with my breathing as the ball is returned.
Do a little bend of my knees when serving.
Rotate shoulders on serve.
Always hit a slight amount of side spin on my first serve.
Breathe through the mouth in a relaxed way almost using a sigh just before hitting the ball.
If I miss a serve, I will visualize the ball going into the court before my next serve.
Toss the ball higher and more over my head.
Relax my arm at the shoulder
Relax my wrist so that my racket drops down my back
On the backswing, have the racket point more to the back fence so that I get better shoulder movement.
Check to see if I am snapping my wrist at impact.
Say Hit bounce hit when playing

Serve Checklist

Am I seeing the ball make contact with the racket?
Am I following the ball as it bounces on the ground and up to my opponent's racket?
Have I visualized the serve (Including seeing the ball, the speed, the stroke, and the exact path of the ball (2 to 6 inches over the net) immediately before I serve the ball?)
Am I allowing a gentle exhale as I release the ball on the toss?
Am I relaxing my grip and/or my wrist enough as I make contact with the ball?
Am I relaxing my arm/elbow enough as it goes through the swing?
Am I relaxing my grip and/or my wrist enough so that my racket is dropping relaxed down my back?

Return of Serve

Am I seeing the ball spinning after the bounce and to the blur of my racket?
When returning serve I will allow my breathing to exhale just after the ball bounces using a sigh and continue exhaling through the hit.
If I am missing the return of serve, hit the ball a little easier (more relaxed).
If I am missing the return of serve, I will move back 3 feet or more.
If I am having "trouble" returning serve, I will hold my follow through until it comes to a complete stop.
Take a split step every time my opponent hits the ball.
Paying attention to my follow through so that I make sure I make a complete follow through on every hit, no matter what.

Overheads

Hit all overheads hard.

If you are having difficulty timing your overheads, use your left hand to pretend like you are catching the ball.

Volleys

See the trajectory as the ball comes to my racket.

Hit any volley that is above the net hard.

Take a split step every time my opponent hits the ball.

When hitting volleys, be sure to keep the handle lower than the head.

Breathe through the mouth in a relaxed way using a sigh just before my opponent hits the ball.

Show the butt of your racket to your opponent on the back swing.

When volleying, do a little circle on the backswing. This will help keep the swing relaxed.