

Jeff Salzenstein's

SLICE BACKHAND SOLUTION



Slice Evaluation

Tennis Backhand Solution

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Slice Backhand Solution Evaluation

Pre-Program Slice Backhand Score

Rate Each Area On A Scale From **1** - **10**
1 = Needs A Lot Of Work, **10** = Knife Your Slice Like Pat Rafter

Add Each Area For Your Total Score Before You Begin The Slice Backhand Solution

Overall _____

Technique _____

Footwork _____

Balance _____

Consistency _____

Power _____

Confidence _____

Total Score _____

Slice Backhand Solution Evaluation

List what you do well with your slice backhand.

What would like to improve with your slice backhand?

What gives you the most challenges with your slice backhand?

Do you want more depth or angle spin on your slice backhand?

What are your goals? Short term? Long term?

Slice Backhand Solution Evaluation

6 Week slice backhand Score

Rate Each Area On A Scale From **1 - 10**
(**1** = Needs A Lot Of Work, **10** = Knife Your Slice Like Pat Rafter)

Add Each Area For Your 6 Week Total Score

Overall _____

Technique _____

Footwork _____

Balance _____

Consistency _____

Power _____

Confidence _____

Total Score _____

Slice Backhand Solution Evaluation

List what you are doing well with your slice backhand now.

What did you improve with your slice backhand?

What areas are giving you the most challenges with your slice backhand now?

In the next 6 weeks, will you work on adding more depth or angle to your slice backhand?

What are your new goals? Short term? Long term?