

3" x 5" On-Court Note Cards

(keep these in your bag!!)

Key Tips Grip

- *Weak Continental
- *Heel Of Bottom Hand Just of The Racquet
- *Angle The Hand
- *Spread The Index Finger Of Bottom Hand

Key Tips Start

Starting Line

- *Racquet Slightly Tilted
- *Arms Relaxed
- *Off Hand On Throat
- *Shoulders Facing Net
- *Hips Facing Net
- *Wide Base

1st Move

- *Stalk The Ball
- *Arms Relaxed
- *Racquet Tip Up
- *Shoulder Face The Net
- *Hips Facing Net
- *Shuffle Step

Key Tips

High Finish

- *Use On Rally Slice
- *Step In To Ball
- *Swing Smooth
- *Swing Across
- *Head at Contact
- *Be Like A golfer
- *Hold The Finish

Key Tips

Short Finish

- *Finish Below Shoulder
- *Step In To The Ball
- *Accelerate At Contact
- *Head At Contact
- *Hold The Finish

Key Tips

Targets

- *Aim Lower
- *Aim Higher
- *Make A Different Mistake
- *Break The Window
- *Just Past The Service Line
- *Exaggerate
- *Drive: Lasers
- *Heavy Ball: Rainbows