

Tennis Movement and Stroke Production for Competitive Players

Purpose and Content

Purpose

The purpose of this chartbook is to provide coaches with pictures of the movement and stroke production of women and girl junior tennis players to help them determine if:

- They provide instruction to their competitive players that is in line with current teaching methods.
- They provide proper off-court training to support this type of movement and stroke production.
- They provide proper support to players who are in physical therapy for injuries.
- They make sure that injured players are returned to competition at an appropriate time.

Action Shots and Potential Injuries

This chartbook includes action shots of some of the top women college players (left and right-handed) in the U.S. The players have slightly different styles, but the serve and groundstrokes all include a kinetic chain that begins with a drive forward, and usually upwards, followed by hip rotation, and ending with a swing that accelerates through the hitting zone.

As can be seen in the handful of junior action shots, competitive players may attempt the same shots, but they will not be as proficient or consistent in their execution. In these cases, they may incur injuries because their technique is incorrect or they haven't developed the strength or agility to hit these shots.

The stroke production is usually distinctly different for recreation and competitive junior players. Recreation players typically do not incorporate the kinetic chain in their stroke production, which will cause different injuries than those experienced by competitive players.

Forehands

- Robin Anderson (rh)
- Zoe Scandalis (rh)
- Tina Bokhua (lh)

Robin Anderson – UCLA – Forehand – Spring 2014 (1 of 2)



1. Traditionally players generated power horizontally by pushing off the back foot and stepping into the ball. Anderson generates power rotationally by loading with the legs and rotating her hips.
2. She is beginning to drive up with both legs. In addition, she is beginning to rotate her hips. The racquet head is moving in the direction she wants to hit the ball.



Robin Anderson – UCLA – Forehand – Spring 2014 (2 of 2)



3. Anderson continues to drive upwards with her legs while the rotation with her hips continues. The drive with her legs pushes her onto her toes and into the air. The racquet head has moved in the desired direction she wanted to hit the ball. After contact her follow-through is over her left shoulder.

4. The hip rotation is completed. Anderson's follow through continues and her right leg pulls around as she prepares to push off and move to the next shot.



Zoe Scandalis – USC – Forehand – Spring 2014 (1 of 2)

- 1.Scandalis has bent her knees and has loaded. As she unloads her left foot is moving in the direction she wants to hit the ball.
- 2.As Scandalis drives off her back foot her hips rotate as she prepares to contact the ball.



Zoe Scandalis – USC – Forehand – Spring 2014 (2 of 2)



3. Scandalis has driven upward and forward to attack the ball. Her racquet head has accelerated through the hitting zone.
4. Scandalis lands on her left foot and is moving toward the net to hit the next shot.

Tina Bokhua – CU – Forehand – Fall 2014

(1 of 4)

Bokhua is tracking the ball and has begun to move to her left.

Bokhua begins to turn sideways to hit a forehand.

Bokhua continues to adjust her feet and close her stance.

Bokhua has further fine-tuned with her feet, closed her stance and is taking her racquet back.



Tina Bokhua – CU – Forehand – Fall 2014

(2 of 4)

Bokhua continues to fine-tune her feet and has stepped forward slightly with her left foot to drive the ball.

Bokhua's racquet is back high, she is loaded with her weight on her back foot and her stance is closed.



Tina Bokhua – CU – Forehand – Fall 2014 - (3 of 4)

Bokhua's racquet is near the bottom of her swing (loop) and she has loaded more by bending her knees further.



Bokhua has driven up and out with her legs, her hips have rotated, and she made contact perfectly in the hitting zone. She hit a shot with greater than normal clearance and topspin.



Tina Bokhua – CU – Forehand – Fall 2014

(4 of 4)

Bokhua's hip rotation continues. Her follow-through on her right side pulls her up on her toes and her back foot begins to pull around.

The hip rotation and follow-through continue in the final two frames.



Backhands

- Zoe Scandalis (rh)
- Tina Bokhua (lh)
- Julyette Steur (rh)

Zoe Scandalis – USC – Backhand – Spring 2014 (1 of 2)



1. Scandalis is on the right side of the court and has chosen to hit an inside out backhand. Her weight is on her left foot.
2. Scandalis has taken her racquet back as the ball approaches the hitting zone.

Zoe Scandalis – USC – Backhand – Spring 2014 (2 of 2)



3. Scandalis' shot selection has put her in an awkward position. As she moves to her right, her right foot/ankle rolls slightly. This type of "roll" happens occasionally with competitive players and may be seen in the wear patterns on their tennis shoes.
4. Scandalis recovers from the roll, plants her right foot, and pushes off both feet to move to the middle of the angle of possible returns.

Tina Bokhua – CU Backhand Return of Serve Fall 2014 (1 of 3)



1. Bokhua is prepared to return serve in the ad court.
2. Bokhua has lifted her right foot and begun to pivot on her left foot to hit a backhand.



Tina Bokhua – CU Backhand Return of Serve (2 of 3) Fall 2014



3. Bokhua is hitting from a semi-closed stance. She is tracking the ball and is taking her racquet back.
4. As the ball approaches the hitting zone, Bokhua's racquet is back, her knees are bent and she is loaded to hit the ball.



Tina Bokhua – CU Backhand Return of Serve (3 of 3)

Fall 2014

5. Bokhua has driven up and forward. Her hips and upper body have rotated. Note that the contact zone for a backhand is further in front of the body than a forehand.
6. Bokhua has landed on her left foot and finished her follow through. Note how she is tracking and anticipating the next shot.



7. Before landing with her right foot Bokhua has pivoted with her left foot to move to the next shot. She continues to track the ball.



Julyette Steur – CU – Backhand – Fall 2014

1. Steur has pushed off her left foot and driven up and out to hit the ball. Her contact point is further in front on a backhand than a forehand.



2. Her hip rotation and follow-through have been completed and she has landed on her right foot.



3. Steur is tracking the ball as she comes to a balanced position and is able to move in any direction to the next shot.



Serve

- Tina Bokhua (lh)
- Jennifer Brady (rh)
- Zoe Scandalis (rh)

Tina Bokhua – CU – Serving - Fall 2014 (1 of 3)



1. Bokhua is slightly on her toes as she starts her toss.
2. As the toss goes up she begins to load with her legs.
3. Bokhua has increased the load with her legs as she takes her racquet back.

Tina Bokhua – CU – Serving – Fall 2014 (2 of 3)

4. Bokhua is on her toes and fully loaded.



5. Bokhua brings her heels off the ground, and is prepared to drive upwards and into the court to hit the toss.



6. Bokhua has driven upwards with her legs; she is swinging up to hit the ball with pace and spin.

Tina Bokhua – CU – Serving – Fall 2014 (3 of 3)

7. Bokhua has driven upwards, made contact with the ball, and is following through into the court.



8. Bokhua has landed inside the baseline on one foot. She will become balanced and prepared for the next shot.



Jennifer Brady – UCLA – Serving – Spring 2014 (1 of 3)



1. Brady has her knees slightly bent as she tosses the ball.
2. As the toss goes higher she pulls her racquet back and she loads more with her legs.
3. Brady brings her back foot forward and her loading increases. Her loading is greater than normal.

Jennifer Brady – UCLA – Serving – Spring 2014 (2 of 3)



4. Brady has driven upwards and into the court and her backswing is moving through the “back scratching” position.
5. Brady has driven up and into the court to hit the ball.



Jennifer Brady – UCLA – Serving – Spring 2014 (3 of 3)



6. After Brady makes contact she lands on her left foot. She follows through and her left arm provides balance.
7. In the final frame Brady's right foot moves down and forward so she can maintain her balance and move into position to hit the next shot.



Zoe Scandalis – USC – Serving – Spring 2014 (1 of 3)



- 1.Scandalis starts her service motion with her weight on her back foot.
- 2.As the ball toss goes up she pulls her racquet back and her weight is balanced.



Zoe Scandalis – USC – Serving – Spring 2014 (2 of 3)



3. The service toss is slightly to the right of Scandalis and inside the baseline. Scandalis' racquet is moving towards the "back scratching" position. Scandalis has loaded with her legs and is beginning to transfer her weight forward.
4. Scandalis has driven upwards and forwards, which has pulled her onto her toes briefly.



Zoe Scandalis – USC – Serving – Spring 2014 (3 of 3)



1.Scandalis has completed her drive up and into the court.

2.Scandalis lands on her left foot. When her right foot comes around she will be balanced and positioned to move to the next shot.



Competitive Juniors

Allyson Horvath – Forehand in Doubles – July 2012



1. Horvath pivots on the right foot to move to the ball.
2. Horvath sets her left foot and drives to hit the ball.
3. As Horvath swings she rotates her hips. This motion pulls her onto her toes.
4. Horvath's left foot comes up to maintain balance.
5. Horvath's left foot continues around and she prepares to move for the next shot.

Ana Horvath – Serve – June 2014 (1 of 2)

1-2. Horvath tosses the ball and slightly loads with the legs.

3-4. Horvath moves her racquet through the “back scratching” position and loads with her legs. She begins to drive up to hit the ball.



Ana Horvath – Serve – June 2014 (2 of 2)



5-6. Horvath drives up with both legs to hit the serve up and lands on her right foot.



7. Horvath becomes balanced. And is ready to move to the ball. At 14, she served in excess of 60 MPH.