ITF Coaches
Education Programme
Level 2 Coaching Course

Advanced stroke techniques: The backhand
By the end of this session you should be able to:

• Understand the fundamentals of the different backhand variations used by advanced players
• Understand the advantages and disadvantages of the use of each shot
• Explain and teach these shots to players
Backhand Grips & Variations

- Eastern
- Extreme
- Continental
- Two-handed

- Flat/Slice/Topspin
- Topspin
- Slice/Flat
- Topspin /Flat/Slice
ONE HANDED TOPSPIN BACKHAND
One handed topspin BH
Preparation and backswing

• Synchrony: Pivot, hand and shoulder turn together
• Various types of backswing:
  – Half U loop - Normal loop
• End of the backswing: knee flexion and racket head at shoulder height
• Weight transference moving onto back foot
• Racket drops below the height of the ball
One handed topspin BH
Forward swing and contact

• Step towards the ball
• Knee extension --> low to high swing
• Hip lifts and turns --> shoulder lifts
• Trunk rotates
• Elbow is flexed first and then extends
• Impact in front of the front foot, racket face vertical and parallel to the ground
One handed topspin
Follow through

• Upward path on the left of the hitting arm
• Racket head above the wrist
• Back foot comes round and ends up level with the front foot (deceleration!)
TWO HANDED BACKHAND
Two handed backhand
Preparation and backswing

• Automatic take-back and shoulder turn
• Backwards rotation of hips and trunk
• Step forward ---> linear momentum
• Racket loop behind the body
Two handed backhand
Forward swing and contact

- Hips cause the trunk to rotate
- Both arms rotate with the trunk
- Little movement of the elbows or wrist prior to impact
- Impact in front of the front foot, open stance
- Racket head vertical and parallel to the ground
Two handed backhand

Follow through

- Individual
- Wrap the arm and the racket over the shoulder
SLICE BACKHAND
Slice backhand
Preparation and Backswing

- Upper body rotates, back and up movement
- Body weight backwards and upwards
- Non-playing hand takes the racket back
- Elbow flexed at the end
- Racket face parallel to the ground and at shoulder level
Slice backhand
Forward swing and contact

- Movement from top back to bottom front
- Non-playing hand releases the racket and goes backwards
- Body weight shifted downwards and forwards
- Elbow extended, wrist firm and racket face slightly open
Slice backhand
Follow through

- Individual
- Continue further down and forward
- Ending with the racket and arm at shoulder level