

## How To Hit The Perfect Forehand In Tennis



---

### The Perfect Forehand In Five Steps:

1. Foundation
2. Unit Turn
3. Power Position
4. Racket Lag
5. Follow Through and Finish

#### **Please Share This PDF!**

If you enjoy this forehand PDF, please share it with your tennis friends.

We want to help as many tennis players around the world, by sharing this PDF, you're helping us to do exactly that!

---

## Step One - The Foundation

Your grip will greatly influence your forehand. We recommend using a semi-western forehand grip as this will allow you to hit aggressive topspin but also flatten out the shot.

Having a good ready position with the racket head higher than the grip level, holding the throat or grip with your non hitting hand and set up with the racket in the middle of your body will set you up well for the rest of the stroke.

Having a poor ready position will cost you valuable time and make the swing more complicated. By having the tip of your racket pointing up towards the sky, you'll already create some leverage in your arm and racket head.

This will make step four much easier to achieve.



---

## Step Two - Unit Turn

As soon as possible, after you recognise the ball is coming to your forehand side, try to turn your upper body sideways to the net. This will be your left shoulder if you're a right handed player.

By rotating the upper body, you'll help kick start the racket preparation and you'll store energy in your trunk muscles, especially the obliques. If you do nothing with your arms but simply coil your upper body, the racket will go from a 12 o'clock position (facing the net) to a 3 o'clock position (facing the right side of the court).

The best players in the world are able to initiate this coil almost as soon as the ball leaves the opponents strings, way before the ball passes the net. The earlier you can do this, the better. This will allow the coil - uncoil motion to take effect later in the swing.



---

## Step Three - The Power Position

Reaching a good power or back position with the racket head higher than the grip level will create good leverage in the racket and arm. This position will look different from player to player but some of the common traits are:

- The non-hitting hand should be across the body helping you balance the upper body but also track the oncoming ball
- The racket head higher than the grip level
- Shoulders coiled fully, with left shoulder facing the net
- Chin resting above the left shoulder
- Space between the elbow and body



---

## Step Four - Racket Lag

Creating good racket lag where the head of the racket lags behind the grip will give you leverage over the ball. Leverage over the ball will help you generate extra power and control.

This action should happen naturally without forcing the wrist to go into extension, it should happen as a result of the stroke mechanics and by setting up in a good power position. Most pro players achieve some degree of racket lag prior to making contact with the ball, although Federer and Nadal have two of the best lag positions on the tour.





---

## Step Five - The Finish

Using a good follow through and finish. A poor follow through can destroy the stroke but also lead to injury.

During the contact zone, you want the racket to be accelerating and not slowing down, unless you're absorbing power on the shot. For the most part you want the racket travelling through the contact point with good speed and you want to finish using a complete follow through, at the very end of the maximum swing path. A good finish will help the muscles relax in a natural way and reduce the risk of injury.

There are many different types of forehand finishes but the most commonly used one on the ATP tour is the across the chest finish. This is where you pull the racket into your body, finishing with the hitting elbow across the chest with a good bend in that joint. The racket will wrap around the left shoulder. Some players will finish also finish over the left shoulder.



By Coach Simon  
Top Tennis Training