KRTT Teaching Methodology

Identify one major issue at the root of the problem (start from the beginning)

1. Ready position
    - Feet-shoulder apart
    - Racquet head up and away from body (basketball distance)
    - Knees bent
    - Back mostly straight
2. Grip
    - Eastern – usually one handed backhand groundstrokes
    - Continental – volleys and non-dominant hand for two handed backhand
    - Hybrid – forehand or backhand dominant hand
    - Semi-western – forehand
    - Western - forehand
3. Split
    - Feet leave the ground
    - Separate feet (past shoulder width)
    - Land on balls of feet
    - Balanced to move first step quickly
4. Unit turn
    - Non- dominant arm sets racquet back to right shoulder for righty player
    - Right or left hip turns out the foot closest to the ball (to 3 or 9 o'clock)
    - Shoulders are turned at the same time as the hips
5. Movement and body position/stance
    - Square stance – time sensitive (release back hip on balls in front of you).
    - Semi-open lateral – used for deep ball
    - Semi-open forward – used for ball in front of you.
    - Semi-open backward – used for high deep balls (tap down)
6. "Completing the loop" / swing path
    - High Set position
    - Palm down and then wrist back and swing forward ex. Federer
    - "C" loop, racquet goes to the "Dip" with wrist back
    - Swing
        - Back swing
        - Forward swing
7. Contact point
    - Depends on grip and stance
    - Continental Grip – below waist level
    - Eastern grip – waist height or belly button level
    - Semi-western grip – mid-chest level (Semi open – contact closer to the ball)
    - Western – Upper chest to Shoulder height
8. Extension
    - At contact – most modern forehand and one handed backhand
    - After contact – forehand and two handed backhands
9. Finish
    - Around shoulders (butt cap facing upward or thumb down)
    - Over the Shoulders (butt cap facing opponent)
    - Hip (angles and heavy spin)
    - Triceps (linear balls)
10. Recovery
    - Multiple Footwork
        - Run
        - Shuffle
        - Crossover to a run or shuffle
        - Cross under (Reverse cross over)