



# INVITATIONAL B TECHNICAL SYLLABUS

## GIRLS

## BOYS

### GROUND STROKES AND RETURNS:

1. Master impact point (good timing) and long hitting zone (the technique required to hit through the court with light topspin).
2. Introduction to underspin skills.
3. Grip eastern to semi-western (on forehand).
4. Increased amplitude on strokes (preparation).
5. Adaptation to stroke in emergency situations.

1. Master impact point (good timing) and long hitting zone. Agassi 12" rule.
2. The technique required to hit spins (topspin and underspin).
3. Grips semi western (on forehand).
4. Increased amplitude on strokes (preparation).
5. Adaptation to stroke in emergency situations.

### SERVE:

1. Continental grip and proper pronation.
2. Balance and toss, synchronization of the arms, followed by a proper throwing action.
3. Use of legs only when the above has been achieved.

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2. Balance and toss, synchronization of the arms, followed by a proper throwing action.
3. Use of legs only when the above has been achieved.

### VOLLEYS:

1. Continental grip.
2. Establish solid impact point.
3. Hand above the wrist.
4. Develop a feel in the hand.
5. Step-out first step footwork.
6. Development of their swing volley technique.

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### OVERHEAD:

1. Proper set-up and impact point.
2. Throwing action and pronation. situations.

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2. Throwing action and pronation. situations.

### FOOTWORK:

1. To ensure proper set-up and recovery for all tactics required at this stage.

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