

LATE AGAIN?
by Peter Farrell

Playing Standard: ITN 5 to 10

Long Term Player Development Pathway: Phase 3

One of the most common **groundstroke errors** coaches see their pupils make, day in, day out, is – ***starting the backswing too late.***

By the time your opponents shot has travelled a metre or two from his or her racquet, you know if your next shot will be a forehand or a backhand.

That is the time you should start your backswing. ***But many players are still in the ready position when the ball bounces on their side of the court!***

Let's say that your opponent has hit a shot which will take 2 seconds to travel from his racquet to your racquet. If you start your backswing early, you will have the best part of **two seconds** to complete your backswing and bring the racquet forward to the contact point with the ball.

But if you wait till the ball bounces on your side, you now have maybe **half a second** to get the racquet back, then forward to the contact point! Not exactly a lot of time.....

In most areas of life, people make mistakes if they are rushed. Tennis is no exception. Start taking the racquet back earlier and you will be surprised at how much more time you have to stroke the ball.

For individual advice on this or any aspect of tennis, please contact your local Tennis Coach Ireland coach – see www.tenniscoachireland.ie

For more information on the ITN: http://www.tennisireland.ie/player_database/what_is_the_itn

For more information on the Long Term Player Development Pathway:

http://www.tennisireland.ie/coaches/player_development_pathway