

Visual Coaching Library

Topic: backhand

2 cards · 5 practical instructions per card

KINETIC CHAIN OF THE ONE-HANDED TENNIS BACKHAND

1 LEG DRIVE

Force begins from the ground. The legs extend to generate upward and forward force.



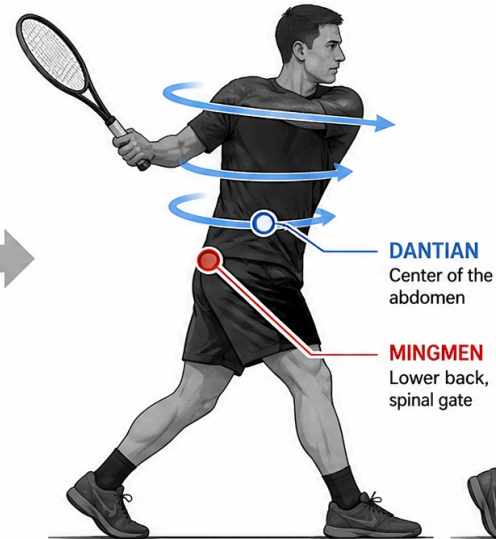
2 HIP ROTATION

The hips rotate toward the target, transferring force upward through the core.



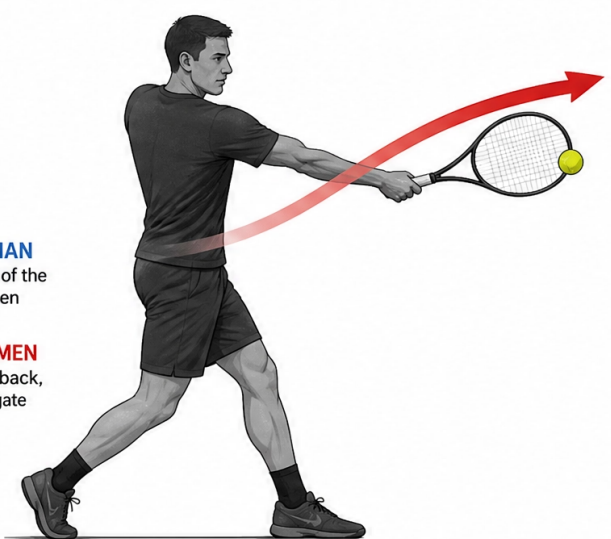
3 TORSO COIL

The torso unwinds as a whip, amplifying force from the hips to the upper body.



4 ARM RELEASE

The arm and racket release toward the target, transferring maximum speed to the ball.

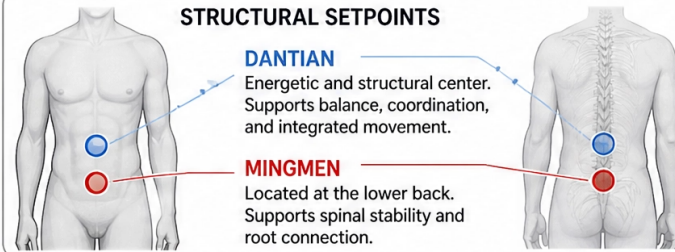


KEY: KINETIC CHAIN SEQUENCE



Force is generated by the ground and transferred sequentially to the racket.

STRUCTURAL SETPOINTS



DANTIAN
Energetic and structural center. Supports balance, coordination, and integrated movement.

MINGMEN
Located at the lower back. Supports spinal stability and root connection.

KEY COACHING POINTS

- Initiate with leg drive.
- Rotate hips before torso.
- Unwind the torso—maintain sequence.
- Relax the arm until release.
- Maintain structural setpoints (Dantian and Mingmen) for alignment and power.

Note: Sequencing and timing are essential. Early upper-body initiation reduces power and consistency.

The 5-Point Switch: 1H to 2H Backhand

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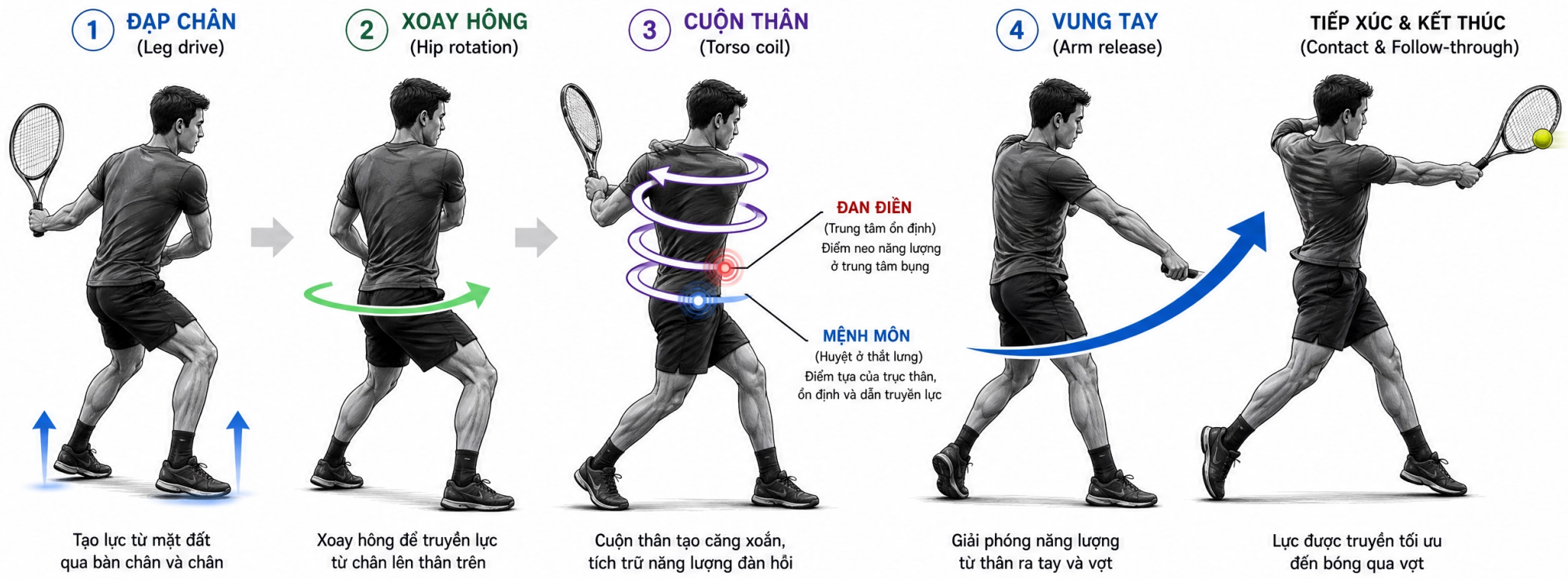
English:

1. Stand side-on, racket in front of chest, both hands on the racket for stability.
2. Use Continental grip (or Eastern for one-hander) — index knuckle on bevel 2 or 3.
3. Coil the shoulders, hinge the wrist back, then rotate the hip to drive the swing.
4. At contact: meet the ball out in front, racket face vertical, chest compressing forward.
5. Biceps locked to chest, follow-through wraps around the left shoulder for the two-hander.

Tiếng Việt:

1. Đứng nghiêng bên, vợt trước ngực, hai tay trên vợt để ổn định.
2. Dùng grip Continental (hoặc Eastern cho one-hander) — đốt ngón trỏ trên bevel 2 hoặc 3.
3. Xoắn vai, bản lề cổ tay ra sau, rồi xoay hông để dẫn cú vung.
4. Ở tiếp xúc: gặp bóng phía trước, mặt vợt dọc, ngực nén về trước.
5. Biceps khóa vào ngực, follow-through vòng qua vai trái cho two-hander.

CHUỖI ĐỘNG HỌC CÚ TRÁI TAY MỘT TAY



★ **NGUYÊN TẮC CHUNG:** Lực khởi tạo từ dưới lên (chân → hông → thân → tay → vợt), tuần tự và liên tục, tối ưu hiệu suất và kiểm soát.

Integrated arm-racket system (forehand/backhand/slice)

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English:

1. Unlearn 3 reflexes: stop waiting for the ball to come deep — contact earlier.
2. Stop leading with the right hand — let the left arm dominate the swing direction.
3. Stop the fixed cross-step — learn to rotate the hips and lower the body instead.
4. Make early contact, around waist height, instead of waiting for the ball to drop.
5. Use hip rotation to generate power — the arms transfer, the body creates.

Tiếng Việt:

1. Bỏ 3 phản xạ: đừng chờ bóng xa — tiếp xúc sớm hơn.
2. Đừng dẫn bằng tay phải — để tay trái làm chủ hướng vung.
3. Đừng bước chéo cố định — học xoay hông và hạ thấp thân.
4. Tiếp xúc sớm, khoảng ngang hông, thay vì chờ bóng rơi.
5. Dùng xoay hông để tạo lực — tay truyền, thân tạo.