

## The Left-handed Forehand

Take this sheet with you to the court, and learn the basics of the left-handed forehand.

1. First, warm up by running around the court a few times. When you're done, start dynamic stretching. Compared to static stretching, which does not do much before exercise, dynamic stretching effectively lengthens and stretches your muscles prior to a workout.
2. Pick a racquet grip that suits your style: eastern for power, western for spin, or semi-western for a balance. Before you start doing practice swings, you must learn the stance. All the power comes from the stance. For the forehand, there are two stances: open and closed.



Lefty Rafael Nadal hitting a forehand with an open stance.



Nadal hitting with a closed stance.

3. The open stance is more commonly used in the modern game, as it allows for more hip rotation and thus, more power. Practice open stances, keeping your right leg out front and supporting most of your weight on your left leg. Bend the knees slightly for stability. If you need to hit a low bounce, lower your torso by bending your knee, not your back.
4. After learning the stance, then you can learn the basic swing.

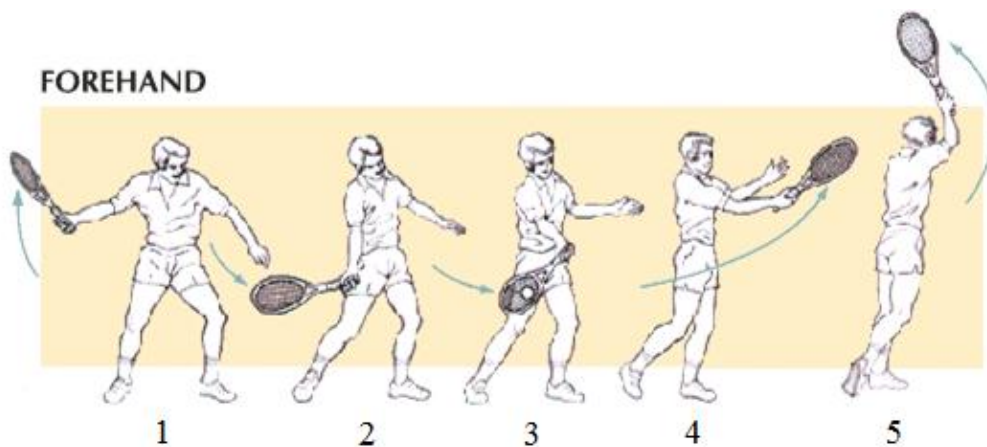


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5. In stage 1, the player positions himself to hit the ball with an open stance. Using this stance, he first brings his racquet back. In stage 2, he starts his swing. Leading with his shoulder, he brings the racquet down to the ball. The stroke should be from low to high. In stage 3, he makes contact with the ball while keeping his eyes on the ball. In stage 4, he brings the racquet up and over his opposite shoulder to follow through. In stage 5, he decelerates his racquet by following through.
6. The low to high stroke naturally creates topspin, which, by Bernoulli's principle and the Magnus effect, helps the ball arc over the net and into the court. Topspin helps powerful shots bounce in the court without sacrificing the ball's velocity.
7. Once you've mastered the forehand stroke mechanics, try it out on the court. Hit 100 forehands, and count how many land in the court. Record this percentage, as it is your starting point from which you may improve as you practice. If possible, hit 100 shots with your dominant hand afterwards (as a control variable), and record the percentage; it will give your non-dominant data some perspective. Over several weeks, you can compare your non-dominant and dominant forehand percentages.