**COURSE 3 :**

* THE GROUND STROKES

**COURSE TOPIC :**

Groundstrokes in tennis are fundamental shots played from the back of the court after the ball has bounced. They are typically categorized into forehands and backhands, each with different techniques and purposes.

 **MAIN SECTION** : 5 Lectures

* **- Introduction To The Ground Strokes**
* **- Quiz 1**
* **- Answer To Quiz 1**
* **- Quiz 2**
* **- Answer To Quiz 2**

**CHAPTER 1 :**

* THE FOREHAND

SECTION 1 : 5 Lectures

**1 - Introduction To The Forehand**

**2 - Quiz 1**

**3 - Answer to Quiz 1**

**4 - Quiz 2**

**5 - Answer To Quiz 2**

SECTION 2 : 7 Lectures

* The Forehand Grip

**1 - Introduction To The Forehand Grip**

**2 - The Name Of The Forehand Grip**

**3 - How To Get On The Eastern Grip 1**

**4 - How To Get On The Eastern Grip 2**

**5 - The Right Hand Position On The Racquet Handle 1**

**6- The Right Hand Position On The Racquet Handle 2**

**7 - The Trigger Finger On The Racquet Handle**

SECTION 3 : 6 Lectures

* The Forehand Preparation

**1 - Introduction To The Forehand preparation**

2 - **How To Take The Racquet Back In The Forehand Preparation**

3- **The Racquet Angles In The Forehand Preparation**

4 **- The Body Turn In The Forehand Preparation**

5 - **The Arm Or Elbow Position In The Forehand Preparation**

6 - **The Right Wrist Position In The Forehand Preparation**

SECTION 4 : 5 Lectures

* The Forehand Stance

**1 - Introduction To The Forehand Stance**

**2 - How To Create The Forehand Stance**

**3 - The Knees Flexion In The Forehand Stance**

**4** - **The Feet Spacing In The Forehand Stance**

**5** - **Stepping Smoothly In The Forehand Stance**

SECTION 5 : 3 Lectures

* The Forehand Loop

1 - **Introduction To The Forehand Loop**

2 - **How To Create The Forehand Loop**

3 - **The Racquet Angle In The Forehand Loop**

SECTION 6 : 2 Lectures

* The Forehand Weight Transfer

**1 - Introduction To The Weight Transfer in The Forehand**

2 - **How The Create The Weight Transfer In The Forehand**

SECTION 7 : 10 Lectures

* The Forehand Contact

**1 - Introduction To The Forehand Contact**

**2 - Where To Make Contact In The Forehand**

**3 - The Body Rotation In The Forehand Contact**

4 - **Keeping The Eyes On The Ball In The Forehand Contact**

**5 - The Contact Point In The Forehand**

**6 - The Wrist Position In The Forehand Contact**

**7 - The Elbow Position In The Contact**

**8 - The Racquet Angle In The Forehand Contact**

**9 - The Racquet Acceleration In The Forehand Contact**

**10.- The Early And Late Contact In The Forehand**

SECTION 8 : 6 Lectures

* The Forehand Follow Through

**1 - Introduction To The Forehand Follow Through**

**2- How To Create The Forehand Follow Through**

**3 - The Racquet Angle In The Forehand Follow Through**

**4- Where To Keep The Racquet In The Forehand Follow Through**

**5 - Keeping The Left Hand On The Racket In The Forehand Follow Through**

**6 - Conclusion To The Forehand**