Learn to Play Tennis in Minutes

The Ultimate Guide to Teach Yourself Tennis!

Lesson Two

The Topspin Two Handed Backhand Confidence & Control

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The Topspin Two Handed Backhand in Minutes

Introduction

Yes this book can teach you to play a topspin two handed backhand in minutes! Not weeks, not months or years, but here today. All you need is a partner, some tennis balls, a couple of racquets and of course, a tennis court! This guide will allow you to learn as you teach your partner, friend or child - whoever they may be.

Finding the ball in front is the key. Take the right hand away and you have a left handed forehand.
Before we get on court, here are some tips:

With all shots we teach - you **begin close to the net** no matter how good or natural you are!

шей The following steps are an easy progression into tennis and it is crucial that you follow them and DO NOT miss any out - or your game will not blossom as it should

💝 Please note that even the top players re-take these steps to find their rhythm again, after all **tennis is a game of timing**

💝 During your practice, one of you will become the student and the other will become the coach. You will reverse roles as you progress through these simple steps

💝 Please take your time and make sure you fully grasp each step as you move along

💝 You will soon be hitting topspin 2 handed backhands before you know it – yes really!
If followed in the steps provided, you will find your natural tennis talent - and believe as we do - that TENNIS is truly a simple game to play.

So let’s learn the Topspin Two Handed Backhand

Please do not worry when you read the word spin, this all happens naturally if you follow the simple steps that follow. You don’t even have to think about it, you will just witness it happening and feel control of the ball. Top spin is making the ball spin in a forward rotation. Slice on a groundstroke makes the ball spin backwards (‘backspin’). Not to be confused with the slice serve this makes the ball spin sideways (‘sidespin’). I know the terminology can be confusing. Try being a coach having to explain it! No sympathy please.

The 2 handed backhand is extremely easy to execute when you know how. You will notice that you will be doing almost exactly the same exercises as you did in Lesson One. This is because a 2 handed backhand is basically a non dominant forehand with support from your dominant hand!
Your non-dominant hand controls this shot and you will do all the next steps using your non-dominant hand until instructed to put your other hand on the racquet.

The 2 handed backhand is a widely used shot on the Professional Tour; around local Clubs and parks. It is very popular with young players and some adults who maybe do not have the strength to hit with one hand. However this shot can become a deadly weapon in your armoury.

Step 1 No racquets yet - just your hands

Start with a simple game of catch but this time with your non – dominant hand.

🌟 Finding the ball! – Have a throw and catch rally. Encourage your partner to catch the ball after one bounce naturally in front - one handed if possible. This action of stalking the ball with your hand is called finding or tracking the ball
Encourage the student to count 1 to 5 after the bounce, while waiting for the ball. This encourages the student to wait for the ball. Say 1 when the ball bounces, then 2, 3, 4 and 5 is when they catch the ball. Emphasise numbers 1 (bounce) and 5 (catch)

Find the ball when it touches your hand push it up

At this point you can introduce a scoring system relevant to the level of players and have some fun games
Step 2 Still using your hands

The first exercise is a refresher from the forehand lesson. You are going to find and push the ball with your non-dominant hand, making sure that you finish over your opposite shoulder, with the back of your hand next to your cheek. Feed 10 balls each.

...and then strike a pose
Step 3 Okay, go on - pick up the racquet but with your non-dominant hand!

☀️ The student holds the racquet by putting their index finger through the “V” of the throat thus making the racquet shorter and a more stable grip for a beginner. This photo shows a natural forehand grip with the palm of the hand behind the ball when contact is made.

*Put your finger through the throat for stability, control and to help you find the correct grip*
The ball is fed to the student. The student tracks or finds the ball with the racquet head and pushes the ball back over the net so that the coach can catch it.

The ball is fed to the student who is encouraged to move in all directions using the racquet.

The student then puts the dominant hand next to their non-dominant hand to create a 2 handed shot.

* Make sure your hands are close together *

The ball is fed to the student who again, is encouraged to strike the pose with the back of the hand finishing on their opposite cheek.
Find the ball comfortably in front

🌟 The ball to racquet rally – the coach and student both start close to the net. The coach feeds the ball to the student, who is encouraged to move back away from the net as they feel more comfortable.

🌟 Repeat the process so that the coach becomes the student and vice versa.

🌟 Then when both players are comfortable with finding the ball, feeling the ball and finishing the stroke correctly....

🌟 You are now ready for a racquet to racquet rally progressing back from the net gradually as you become more confident and proficient.
Strike the pose by finishing over your shoulder

🎉 PLEASE DO NOT RUSH THIS PROCESS. Be patient and feel what you are doing

🎉 Now introduce your dominant hand to the grip. Simply place your hand underneath your non-dominant hand in any grip that you feel comfortable. Make sure that your hands are touching

🎉 As you move back from the net, you can both slide your hand down the grip, withdrawing your finger from the throat of the racket or “V” as you feel more comfortable. Again only progress when you are ready. Make sure that your non-dominant hand is still in a forehand grip
Now you need to introduce the navel ready position and repeat the 3 F’s when the ball comes to you. The naval ready position is holding the butt (bottom of your grip) into your naval with both hands on the racquet when waiting for the ball. This is a really necessary procedure that has become clearer now you are learning the backhand.

In the ready position waiting to return the serve

When your opponent hits the ball to you immediately track/find the ball with your racquet head in the position you want to contact the ball at.
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🌟 The ball bounces and you take your racket back appropriately to the time you have to hit the ball - remembering to count 1 on the bounce and 5 on the hit (with 2, 3 and 4 in between!)

🌟 You then strike the ball and concentrate on that pose for a finish

🌟 Now do some fun drills to test your new found 2 handed backhand

✅ Start your student at the net and throw the ball to them making them move backwards to hit ball. Gradually move them back ball by ball. When they have moved right to the back of the court or to their limit, feed the ball shorter so they have to move forward to hit the ball and again move them progressively closer ball by ball. Repeat as necessary

✅ Put a cone down in the centre of the baseline (backline). Get your student to stand just behind it. Then feed the ball to the students backhand so they have to move away from the cone. All the student has to do is return to the cone after every shot making sure they run around the cone before they hit the next ball. The student concentrates on the 3 “Fs” on the move and makes sure they have a target in mind when hitting the ball. Repeat as necessary
Once you have completed this swap roles so that the coach becomes student and vice versa

You are now ready for a fun game to make things a little more competitive in the same way you did in steps 1 and 2

Congratulations!

You have just learned to hit a

Topspin 2 Handed Backhand

In just 3 easy steps!
In summary the Topspin 2 Handed Backhand

Hand/racquet in front, push up and finish over shoulder, hand to cheek.

Push and pose!

Encourage each other to experiment with varying contact angles on hitting the ball. Open the racquet face (tilt backwards) and see the ball go up as a lob, then close the racquet face (tilt forwards) and see the ball stay low, just going over the net.

Please note that if this shot feels clumsy and you feel uncomfortable with 2 hands, you don’t have to worry, the same can be said of Mr Roger Federer and even us!

End of Lesson Two

We hope you are enjoying these simple progressions!

See you next time for

Lesson 3 – The Topspin 1 Handed Backhand