



# **Learn to Play Tennis in Minutes**

*The Ultimate Guide to  
Teach Yourself Tennis!*

## **Lesson Five**

### **The Slice Forehand Confidence & Control**

By Andrew Magrath & John Littleford  
Modern Tennis International Limited

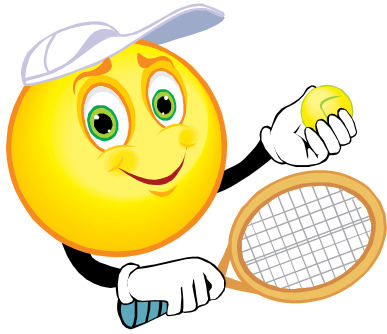
# The Slice Forehand and Forehand Dropshot in Minutes

## Introduction

**Y**es this book can teach you to play the slice forehand and forehand dropshot 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.



*The forehand slice is under used but can be a very effective shot in attack and defence*

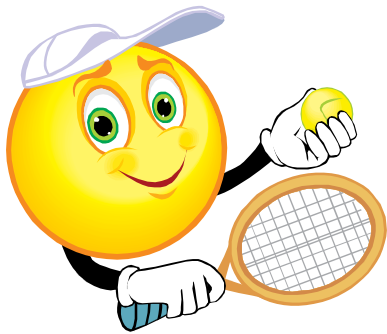


## Before we get on court, here are some tips:

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

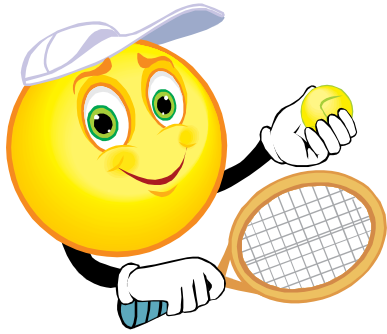
- ☀ The following steps are an easy progression into tennis and it is crucial that you follow them and **DO NOT** miss any out - or your game will not blossom as it should
- ☀ Please note that even the top players re-take these steps to find their rhythm again, after all *tennis is a game of timing*
- ☀ 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 slice forehands and dropshots 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 Slice Forehand and the Forehand Dropshot

**P**lease 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 over confusing. Try being a coach having to explain it! No sympathy please.

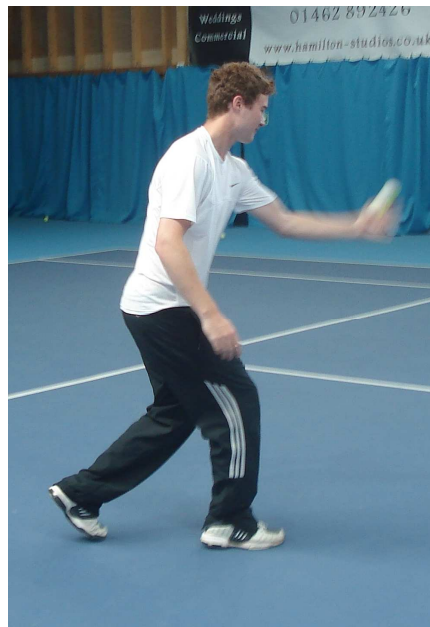


## Step 1 No racquets yet - just your hands

You may need to use a soft ball for the following exercises

- ☀ Finding the ball! – Both players stand either side of the net, halfway in the service box facing each other. Get your partner to feed 10 balls under arm to you on your dominant side (forehand side). Make sure your hand is tilted slightly upwards, palm open
- ☀ 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). Do this **with the palm of your dominant hand**

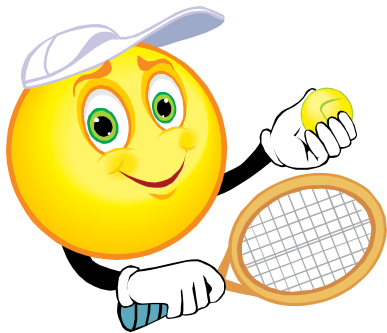
- ☀ As you push the ball, feel as if you are **leading with the edge of your hand**. As your hand is tilted slightly open, you should feel that your hand is making contact with the underside of the ball. This will cause backspin; you may even get a little side spin as well. Try and watch the ball to see what effect you give it



***Feel the ball slide off your hand***

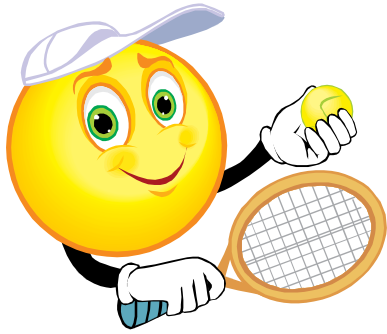
- ☀ Now feed to your partner in the same way
  - ☀ Once you have both had a go, get your partner to feed you in different places, making you move forwards, backwards and sideways around the court whilst pushing up on the ball
- ✓ **Remember, Push, don't swing and hit!**

- ✿ Now feed your partner in the same way
  
  - ✿ Now try and play a rally of slice forehands to each other
- ✓ **Remember to Find, Feel and Finish (the 3 F's)**



**So what will success feel like at step 1?**

1. You will be **finding** and **feeling** the ball on your forehand side
2. You will be **pushing** the ball upwards, not hitting
3. You will be **leading with the edge** of your hand
4. You will be noticing the **spin** off the palm of your hand



## Step 3 Okay, go on - pick up the racquet

Introduce the Racquet

- ☀️ Make sure you are once again facing each other, standing halfway in the service box. One of you holds a racquet in your forehand side (dominant hand) with your hand pinching the frame at the throat with your thumb and index finger either side of the frame. (Continental or hammer grip) – see photos below



- ☀️ Whilst holding the open faced racquet in front of you on your forehand side, get your partner to feed 10 balls to you
- ☀️ Remember to count to 5 before and push the ball up over the net

✓ By the way, should the ball go too high, close the racquet face a little; and should the ball go in the net, open the face a little

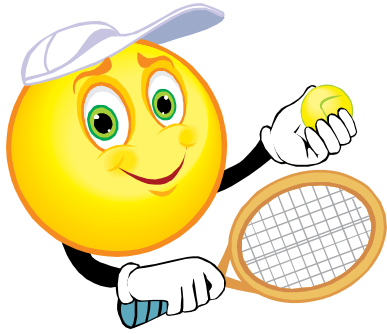
☀ Make sure that when you are waiting for the ball, your racquet head is above the level of your hand with your strings facing the net. **Your wrist is laid off or cocked.** In other words, if you were to hold your arm in front of you and turned your fist upwards, that is a laid off wrist.

☀ Hold the racquet to your forehand side but keeping it in front. Now track the ball with the racquet, count **1** on the bounce, lead with the edge and push the ball over the net on **5**. Get your partner to feed 10 balls to you

☀ Now get your partner to feed you 10 balls that make you move backwards, forwards and sideways

☀ As you are doing this, start to slide your grip down the grip whilst maintaining the continental grip as you feel confident

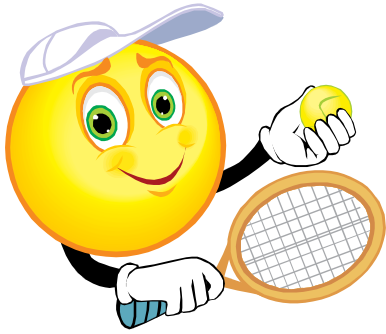
☀ Now feed your partner in the same way



**So what will success feel like at step 2?**

1. You will be feeling as though you are **hitting down and across** the ball with an open racquet face
2. You will be **pushing** the ball upwards, not hitting
3. You will be **leading with the edge** of the racquet frame
4. You will be noticing the **back and sidespin** on the ball when it leaves your strings





## Step 3 Now Use the Navel Ready Position



*The navel ready position for the slice (racquet head higher)*

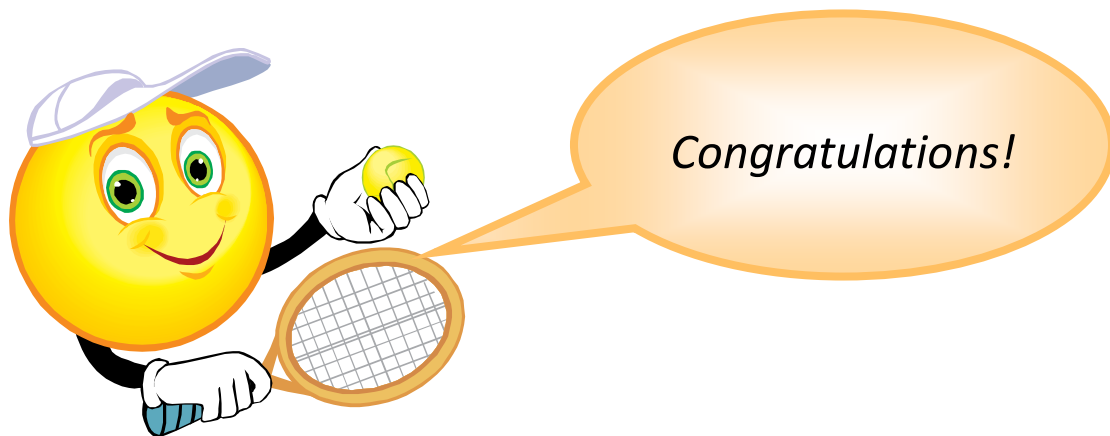
- ✦ The slice backhand requires a slight variation on the **Navel Ready Position**. Hold the butt to your navel in ready position. Make sure you are holding your new found continental grip. Make sure you are again standing opposite each other in the service box. Make sure the racquet head is higher ready for a slice

- ☀️ Get your partner to feed you 10 balls. From naval ready position, make sure that you track the ball with the racquet, count 1 to 5 making sure that you push the ball on 5
  - ✓ Remember as you come to the ball; approach it with the racquet head above your hand and your wrist crooked. Feel like you are sliding the strings under the ball
  - ✓ **Lead with the edge!**



***Although the ball bounces the shot will feel like a forehand volley from the baseline but with more of a swing and a greater follow through***

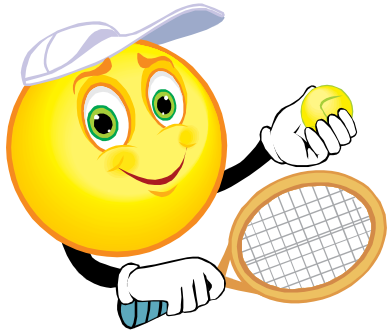
- ☀ Feel free to slide your hand down the grip as you feel comfortable. In time you may place your thumb around the grip for more feel and control as your hand slides down the grip
  
- ☀ Now get your partner to feed you 10 balls that make you move backwards, forwards and sideways whilst hitting the slice forehand
  
- ☀ Now feed your partner in the same way
  
- ☀ Ok its play time! Try and have a 10 ball rally, or more, of slice forehands. Try and move back towards the baseline and forwards again
  
- ☀ Now play a few competitive games with this shot included. Have fun!



**You have just learned to hit a**

**“Slice Forehand”**

**in just 3 easy steps!**



### **In summary the Slice Forehand**

Hand/racquet in front, racquet head above the hand, wrist cocked (laid off), lead with the edge and push the ball with an open racquet face to get back/side spin

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

- ☀ Note the behaviour of back spin. It stays very low and ‘bites’ the surface and holds up when it hits the surface whereas topspin kicks up higher towards the opponent
- ☀ **Remember.** Don’t rush any of the progressions. Even though you have got this far, it is imperative that you revisit each progression again and again in order to perfect the shot.

- ☀️ As you have now experienced topspin and backspin, try to rally utilising both kinds of spin for experimentation
  
- ☀️ **The Drop Shot** is merely a slice shot, (forehand or backhand) that is hit from anywhere on the court, that is hit with a very open racquet face causing huge amounts of backspin. This causes the ball to drop just over the other side of the net, hence the name 'drop shot'. Try it, you won't win many friends because they will have to run like crazy to reach the ball, but you will win points!

**End of Lesson Five.**

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**I hope you are enjoying these simple progressions!**

**See you for on court**

**for**

## **Lesson 6 – The Serve**