

Seeing Just One More Thing to Hit the Ball and Serve Consistently: A Beginner's Guide to Tennis

Tennis is a great sport for people of all ages and skill levels. It's a great way to get exercise, have fun, and socialize. However, if you're new to tennis, you may find it challenging to hit the ball consistently. This guide will help you identify and correct common mistakes, master the fundamentals, and develop the skills you need to hit the ball with accuracy and power.

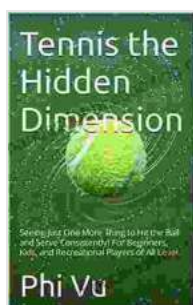
There are a number of common mistakes that beginners make when hitting the ball. These mistakes can lead to inconsistency and frustration. Some of the most common mistakes include:

- **Not watching the ball.** This is one of the most important things you can do when hitting the ball. You need to keep your eyes on the ball the entire time, from the moment it leaves your opponent's racket until it crosses the net and lands in your court.
- **Swinging too early.** Another common mistake is swinging too early. You need to wait until the ball is in your hitting zone before you start your swing. This will give you time to get your feet set and make a solid contact with the ball.
- **Not following through.** Once you make contact with the ball, you need to follow through with your swing. This will help you generate power and control the direction of the ball.
- **Not hitting the ball in the center of the racket.** The sweet spot of the racket is the area in the middle of the strings. This is where you want

to hit the ball for the best results. If you hit the ball off-center, you'll lose power and control.

- **Not using the correct grip.** There are different grips that you can use when hitting the ball. The most common grip for beginners is the Eastern grip. This grip is easy to learn and it provides good power and control.

In addition to avoiding common mistakes, it's also important to master the fundamentals of hitting the ball. This includes learning how to grip the racket, how to stance, and how to swing.



Tennis the Hidden Dimension: Seeing Just One More Thing to Hit the Ball and Serve Consistently! For Beginners, Kids, and Recreational Players of All Level.

by Gary Mayes

★★★★★ 5 out of 5

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Enhanced typesetting : Enabled
Word Wise : Enabled
Lending : Enabled
Screen Reader : Supported
Print length : 142 pages



Grip

The grip is the way you hold the racket. There are different grips that you can use, but the most common grip for beginners is the Eastern grip. To

grip the racket using the Eastern grip, place your hand on the racket so that your thumb is on the bevel of the racket and your index finger is on the side of the racket. Your other fingers should wrap around the handle.

Stance

The stance is the way you stand when you're hitting the ball. The most common stance for beginners is the semi-open stance. To take the semi-open stance, stand with your feet shoulder-width apart and your knees slightly bent. Your weight should be distributed evenly on both feet.

Swing

The swing is the motion you make with the racket when you hit the ball. The most common swing for beginners is the forehand swing. To hit a forehand, start with the racket behind your head. As you swing the racket forward, keep your elbow bent and your wrist firm. When you make contact with the ball, extend your arm and follow through with your swing.

Once you've mastered the fundamentals, you can start developing your skills. This includes learning how to hit different types of shots, such as forehands, backhands, serves, and volleys. You can also work on your footwork and your overall court coverage.

Types of Shots

There are a number of different types of shots that you can hit in tennis. The most common shots for beginners are the forehand, backhand, serve, and volley.

- **Forehand** - The forehand is the most basic shot in tennis. It's hit with the palm of your hand facing forward.
- **Backhand** - The backhand is hit with the back of your hand facing forward. It's a more difficult shot to master than the forehand, but it can be very effective when hit correctly.
- **Serve** - The serve is the first shot of the game. It's hit from behind the baseline and it must land in the service court on the other side of the net.
- **Volley** - A volley is a shot that is hit before the ball bounces. It's a very effective shot when you're near the net.

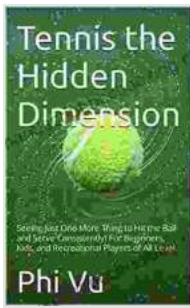
Footwork

Good footwork is essential for hitting the ball consistently. You need to be able to move quickly and easily around the court. This includes being able to start and stop quickly, change direction, and move laterally.

Court Coverage

Court coverage is the ability to move around the court and cover all areas. This is important for both singles and doubles play. To improve your court coverage, you need to be able to move quickly and efficiently. You also need to be able to anticipate where the ball is going to go.

Hitting the ball consistently in tennis is a skill that takes time and practice. However, by following the tips in this guide, you can improve your consistency and start hitting the ball with more power and accuracy. With a little practice, you'll be able to enjoy the game of tennis for years to come.



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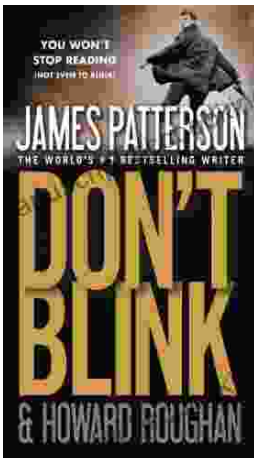
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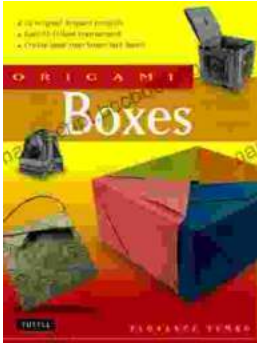
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