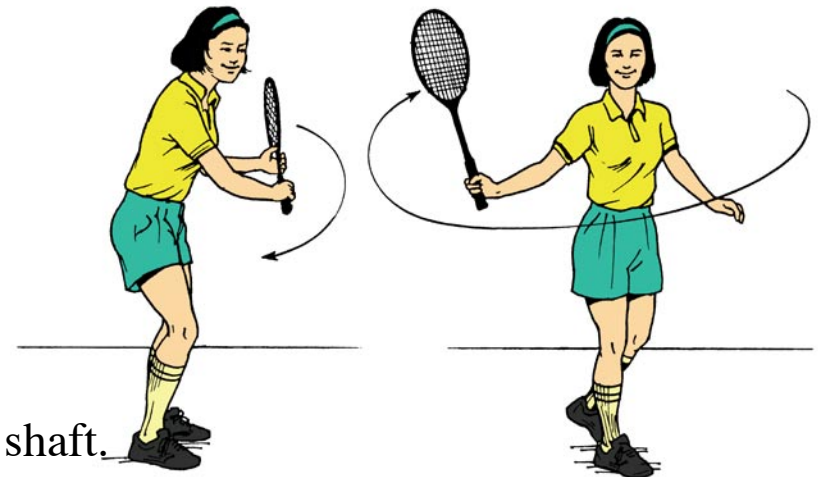


Racquet Sports

Backhand Drive Off Toss



- _____ Use non-racket hand to cradle racket along shaft.
- _____ Draw racket back at about waist height.
- _____ Turn body so racket shoulder is pointing in direction of hit.
- _____ Transfer weight to rear foot bending knees slightly.
- _____ Rotate body weight forward.
- _____ Take a small step forward with racket foot.
- _____ Swing racket parallel to ground keeping wrist firm.
- _____ Make contact with ball in front of body.
- _____ Follow through toward net.