

# Racquet Sports

## Forehand Drive Off Toss



- \_\_\_\_\_ Transfer weight to rear foot.
- \_\_\_\_\_ Point left shoulder towards ball.
- \_\_\_\_\_ Move racket back parallel to court.
- \_\_\_\_\_ Keep racket slightly lower than waist.
- \_\_\_\_\_ Turn feet parallel to the sideline.
- \_\_\_\_\_ Push off with rear foot.
- \_\_\_\_\_ Rotate body forward.
- \_\_\_\_\_ Move racket in forward/upward motion.
- \_\_\_\_\_ Transfer weight to front foot.
- \_\_\_\_\_ Contact ball in front of body.
- \_\_\_\_\_ Keep wrist firm.
- \_\_\_\_\_ Follow through in direction of net.