

Racquet Sports

Ready Position

- _____ Position feet shoulder width apart.
- _____ Position feet in a slight forward stride position.
- _____ Bend knees slightly.
- _____ Position weight forward over toes.
- _____ Hold racket in front of the body.
- _____ Point racket toward opponent.
- _____ Support racket using non-racket hand.
- _____ Focus eyes on the ball.

