

The Six Sensations:

Coaches and players always talk of players having "good hands" - *all the great players have them* - but how do we develop them ?

We need to be aware of and develop by simple drills and recognition the ***Six Sensations*** when hitting a ball, so we can train and develop great "hands".

They are:

1. **To Block** - against a hard ball, no backswing just have your racket at contact and push forward through contact zone and follow through

Drill: feed hard deep balls rapidly to players forehand and backhand or, rally from within the baseline half volleying deep balls



2. **To Accelerate/brush** - for topspin and hitting a "heavy ball"
Drill: rally with topspin or rally with a speed ball hitting topspin



3. **To Drive** - drive through the contact zone for a midcourt putaway shot or flatter offensive ball.

Drill: Have player hit one putaway into the back fence then one into the court.



4. **To Soften** - loosening our grip of the racket slightly to absorb the impact of the ball and thereby giving the player the ability to hit a drop shot or drop volley or short low ball.

Drill: In a mini tennis rally catch ball on strings, let bounce, then hit, or volley, catch and hit without the ball hitting the ground.



5. **To Follow** - underspin shot or underspin approach shot

Drill: Have player feel the sensation of hand following the ball when hitting these shots.



6. **To Snap** - wide ball, overhead, serve.

Drill: For groundstrokes feed extremely wide balls and have player run wide and get the feel of using the wrist to get the ball in. For overheads and serves have the player hitting serves and overheads using only the wrist to get the ball in.



Extreme grips, poor technique and understanding of the game will inhibit some players from executing all of these "sensations" - thereby not reaching their ability to hit all strokes - therefore we need to encourage strong fundamentals and understanding of the game.