

The Forehand Groundstroke

When you hit a bouncing ball using a forehand stroke, use a forehand grip and keep the paddle face fairly flat (parallel to the net). This helps to keep the ball low as it crosses the net. You can put quite a bit of power into a forehand stroke since the low trajectory of the ball helps to keep it in bounds.

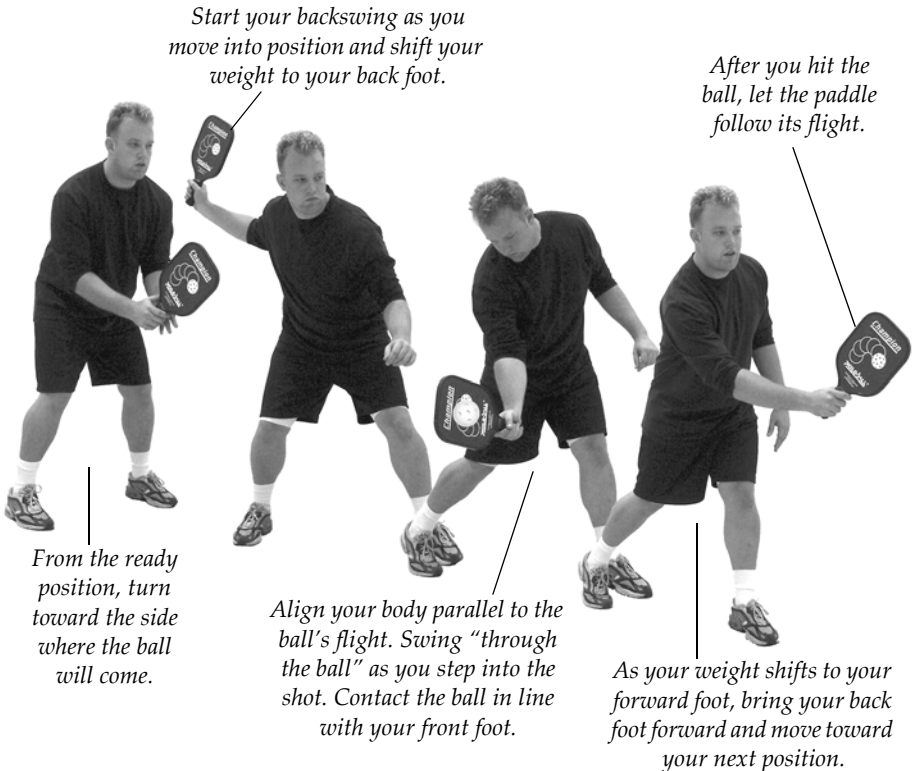


Figure 16. The forehand stroke.

From the ready position, turn to the side where the ball will land so that you are facing the sideline. Some players pivot on the balls of their feet or step onto their back foot to accomplish this. More of your weight should be on your back foot at this point. Draw your paddle back and upward, keeping your elbow bent slightly, and extend your other arm toward the net for balance.