



VIDEO ANALYSIS

Player:

Date: 13 February 2017

Match or Training: Match

Positives
Good balanced position with legs. Good knee bend. <i>See Snap Shot 1</i>
Good ready position for receiving. <i>See Snap shot 1</i>
Areas to Work On
Forehand contact point need to rotate waist more <i>See Snap Shot 2</i>
Forehand finish position <i>See Snap shot 3</i>
Backhand push starting position. Keep shoulders square <i>See Snap shot 4</i>
Training Recommendations
Do a lot of practice on the basic strokes – Forehand and Backhand counterhit and Forehand and Backhand Push strokes.
Do these strokes repetitively aiming for consistency and good technique
Watch the strokes tutorials again and not the start and finish positions of the strokes

Snap Shots

1. Good basic position with feet apart and knees bent.

Good Ready position for returning serve.



2. Forehand start position with shoulders too square to the table. See my forehand comparison and the difference in the shoulder turn.



3. Forehand finish position is a little too short. See the comparison.



4. Backhand push start position. Too far to the left and outside the line of your body. Keep shoulder square to where you want to hit the ball. See comparison.

