

Step Two: The One and Two-Handed Topspin Backhands

The backhand is one of the most important strokes in tennis, and it's essential to master it if you want to be a successful player. In this article, we'll discuss the one and two-handed topspin backhands, which are two of the most common and effective backhand techniques. We'll cover the proper technique for each stroke, as well as some tips for improving your accuracy and power.



How to Improve Your Tennis in 8 Weeks or Less: Step Two The One and Two Handed Topspin Backhands

by John Littleford

★★★★★ 5 out of 5

Language : English
File size : 505 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 41 pages
Lending : Enabled



The One-Handed Topspin Backhand

The one-handed topspin backhand is a versatile stroke that can be used for both offensive and defensive purposes. It's a good choice for players who want to hit with power and control. Here's how to execute the one-handed topspin backhand:

1. **Start with a neutral grip.** The neutral grip is the most common grip for the one-handed backhand. To achieve the neutral grip, place your hand on the racket so that your palm is facing the net and your thumb is on the bevel of the handle. Your fingers should be spread out evenly and your wrist should be slightly cocked.
2. **Position your feet shoulder-width apart and bend your knees slightly.** Your weight should be evenly distributed between your feet. Your non-dominant hand should be placed on the frame of the racket for support.
3. **As the ball approaches, take a backswing.** The backswing should be smooth and controlled. Bring the racket back behind your head, keeping your elbow high and your wrist cocked.
4. **As you swing forward, rotate your hips and shoulders.** Your weight should shift from your back foot to your front foot as you make contact with the ball. Your arm should be extended and your wrist should be snapped forward at the moment of impact.
5. **Follow through with your swing.** After you've made contact with the ball, continue to swing your racket forward and up. Your finish should be high and above your shoulder.

The Two-Handed Topspin Backhand

The two-handed topspin backhand is a good choice for players who want to hit with more power and stability. It's also a good choice for players who are still developing their one-handed backhand. Here's how to execute the two-handed topspin backhand:

1. **Start with a semi-western grip.** The semi-western grip is the most common grip for the two-handed backhand. To achieve the semi-western grip, place your dominant hand on the racket so that your palm is facing the net and your thumb is on the bevel of the handle. Your non-dominant hand should be placed on the racket just below your dominant hand.
2. **Position your feet shoulder-width apart and bend your knees slightly.** Your weight should be evenly distributed between your feet.
3. **As the ball approaches, take a backswing.** The backswing should be smooth and controlled. Bring the racket back behind your head, keeping your elbows high and your wrists cocked.
4. **As you swing forward, rotate your hips and shoulders.** Your weight should shift from your back foot to your front foot as you make contact with the ball. Both of your arms should be extended and your wrists should be snapped forward at the moment of impact.
5. **Follow through with your swing.** After you've made contact with the ball, continue to swing your racket forward and up. Your finish should be high and above your shoulder.

Tips for Improving Your Backhand

Here are a few tips for improving your backhand:

- **Practice regularly.** The more you practice, the better your backhand will become. Try to practice for at least 30 minutes each day.
- **Get feedback from a coach or experienced player.** A coach or experienced player can help you identify areas where you can improve

your technique.

- **Be patient.** It takes time to develop a good backhand. Don't get discouraged if you don't see results immediately.

The one and two-handed topspin backhands are two of the most important strokes in tennis. By mastering these strokes, you'll be able to hit with power, accuracy, and control. So get out there and start practicing!

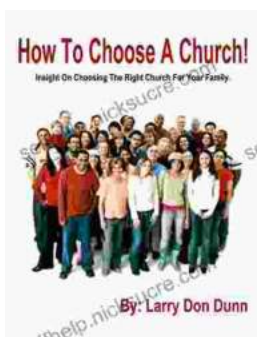


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