



VIDEO ANALYSIS

Player: Jesse Rosenberg
Date: 7 February 2017
Match or Training: Training

Positives
Good balanced position <i>See Snap shot 1</i>
Good start position with bat on backhand <i>Snap shot 2</i>
Areas to Work On
Backhand swing back, leg position and finish position <i>Snap shot 3</i>
Forehand balance and finish position. <i>Snap shot 4</i>
Pendulum serve Good start, work on the wrist action, hitting position and elbow stability. <i>Snap shot 5</i>
Tomahawk serve Use more wrist and stay low through serve <i>Snap shot 6</i>
Training Recommendations
Work on the two strokes at a slower pace. Perhaps even get your practice partner to bounce the ball to you one at a time using their hand. Then really focus on the stability, start and finish positions.
Serving practice – Focus on the elbow and wrist action. Repetitive practice, like you are doing, without playing the next ball so that you can just concentrate on the serve.

Snap Shots

1. Good balanced starting position



2. Good Backhand start position. Left leg could be a little further back however.



3. The left foot forward leads to swinging a little too much back to your right hip rather than straight in front of the stomach.



Contact and balance on contact is good.



Finish position is too high. Try to swing more forward with the bat.



See Jeff's finish position. You will also notice that his left leg (for the right hander) is forward. Your right leg can be even with or forward.



4. Forehand stroke finishing too low. You also stand up during the stroke.



Good stroke. This is when you stay down low with your legs and finish high with your bat.



5. Pendulum serve.

Good start and throw.

The the wrist needs to go further back in a flicking motion. And swing through to generate more spin. You will see here that your wrist doesn't move back very far.



You are pushing your elbow forward which means you are hitting the ball too far in front of you. Try to hit the ball from slightly further back near your left hip. Tucking your elbow further back will help.



6. Tomahawk Serve

Tending to stand up during the serve and hitting the ball too far in front of you as well. Try to use more wrist, similar to the Pendulum serve.

