

GRIPS

Introduction

The method used to hold the tennis racket will play a major role in the development of stroking technique. It is the grip and backswing method that influence the racket position and strike angle once the player is in position. It is important to select the best grip for the hitting situation. The reference panels are the heel pad of the hand and first knuckle. The player must still make slight adjustments of the fingers to get the most comfortable position. The handles of rackets are made with eight panels. Some racket handles are slightly more rounded than others depending on the company. It is important to use the non-hitting hand to help with grip changes, to support the racket, and stabilize the racket during shoulder rotation.

Lefty		GRIP NAME	Righty	
HEEL PAD	BASE KNUCKLE		HEEL PAD	BASE KNUCKLE
Section # 1	Sections # 8 - 7.5	Continental	Section # 1	Sections # 2 - 2.5
Section # 8	Section # 7	Eastern Forehand	Section # 2	Section # 3
Section # 7	Section # 6	Semi-Western	Section # 3	Section # 4
Section # 6	Section # 5	Western Forehand	Section # 4	Section # 5
Section # 2	Section # 1	Eastern Backhand	Section # 8	Section # 1
Section # 3	Section # 2	Semi-Western Backhand	Section # 7	Section # 8

