



How To... CHANGE YOUR GRIP FOR THE BACKHAND

By Peter Farrell – *Leinster Development Officer*

Here`s an old trick that provides you with a visual point of reference when you are practising the change between forehand and backhand groundstroke grips.

Young players in particular sometimes get mixed up about which direction to move their hand.

All you need is your racquet and a pen or pencil:

In the forehand grip (*photo 1*), the pen is perpendicular to the court.

In the backhand grip (*photo 2*), the pen moves horizontal to the court as the player changes his or her grip.

