

RELATED TECHNICAL INFORMATION



# 1	Leveling of the arc of the circle
# 2	The order of the 3 steps of the execution
# 3	Forms of preparation
# 4	Timing of preparation
# 5	Role of the free hand in the forehand
# 6	Role of the free hand in the backhand (1 hand)
# 7	Role of the non-dominant hand in the 2 handed backhand
# 8	Impact point comfort zone
# 9	Distance control
# 10	The problem of the ball throw on the serve