

• How to Get Out of ...

Deep Trouble

Four steps to being able to handle any deep shot

BY CURLY DAVIS

You're in the backcourt and your opponent hits a hard, fast-spinning shot right on the baseline. How do you cope? Here's the best way to hit an effective reply and stay in the point.

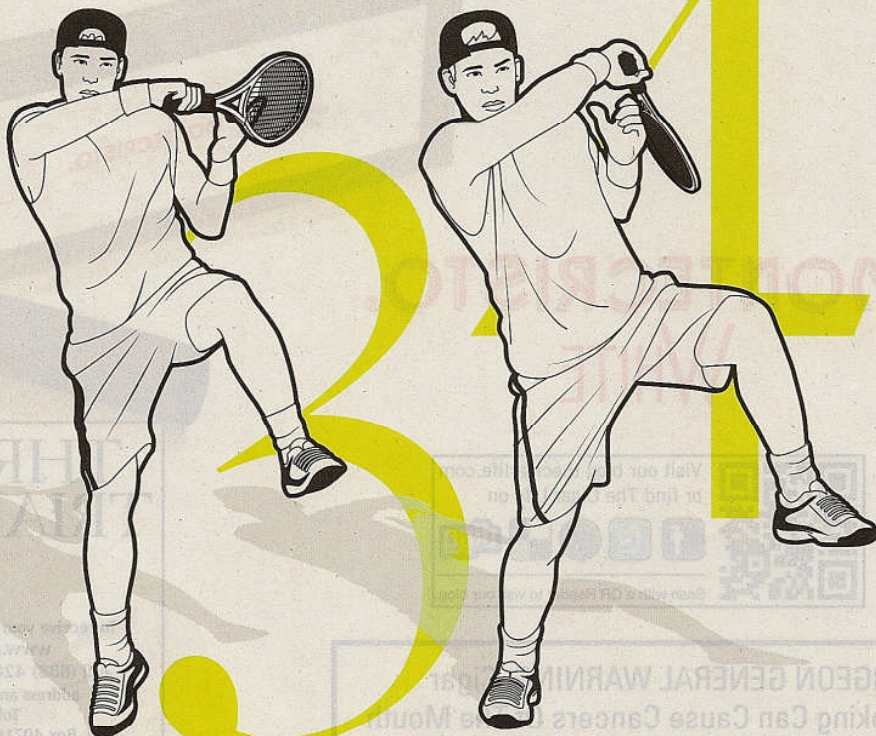


1) Take a drop step with your right leg (if you're right-handed). This forces your body turn sideways to the net as you move back, helps you prepare the racquet, and keeps you balanced.

2) Take a firm right foot stance. The right leg will go out wider than the shoulders, which allows for a strong foundation and prevents the upper body from leaning back.

3) Jump up off of the right leg. This will thrust the body and create vertical power that will be transferred into the shot.

4) The left leg stays in front during this stroke. This precludes the upper body from opening the shoulders too early in the swing. Additionally, this will assist in a quicker recovery to the baseline.



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ILLUSTRATION BY JON RODGERS