



## Technical Red Flags

When It's time to move our players to the next stage (mainly orange to green and green to yellow) what are the technical check points (Red Flags) they should avoid.

### Ground Strokes

- ✚ Extreme grips.
- ✚ Same grip F/H and B/H.
- ✚ Set up only in open stance.
- ✚ Long backswings.
- ✚ Contact point too far from the body.
- ✚ Late set up.
- ✚ Short hitting zone.
- ✚ Late contact point.
- ✚ Short or too much follow throw.
- ✚ Off balance.
- ✚ No recovery.



### Volleys

- ✚ No continental grip.
- ✚ Poor ready position.
- ✚ Backswings.
- ✚ No step forward
- ✚ Head of racket low.
- ✚ Contact point beside the body.
- ✚ Off balance.



### Serve

- ✚ Forehand grip.
- ✚ No sideways set up.
- ✚ No L positions.
- ✚ Low contact point.
- ✚ No pronation.
- ✚ No throwing actions.
- ✚ No recovery.

