



TECH PERFORMANCE
TENNIS

FOREHAND Mechanics

A structured, step-by-step system designed to build a world-class forehand from the ground up.





Build a repeatable forehand —one element at a time

Most forehand instruction online focuses on quick tips, swing cues, or adding more topspin—but without a systematic approach, players struggle to identify what's actually limiting their forehand. *Forehand Mechanics Breakdown* is different: it's a deep, technical exploration of the stroke, breaking the forehand into its essential components so you understand exactly how each part contributes to performance.

The course is organized into **6 progressive phases**, each centered on a key technical element that defines any true high-level forehand. Each phase layers mechanics in a natural sequence — combining *isolation drills* to sharpen the individual movements and *integration drills* that blend the movement into the full stroke.

This structure gives players a clear technical reference point and allows them to identify and **address any specific weaknesses**.

This program focuses on precision, awareness, and control. You'll analyze and train each key element of the forehand, including:

- Build a consistent, **repeatable contact point**
- Develop **long extension** through the ball
- Improve arm relaxation and **natural racket lag**
- Generate heavy, **controlled topspin**
- Use the **kinetic chain** for efficient energy transfer
- Confidently execute both **open and closed stance**

This isn't about copying a single style — it's about mastering the universal mechanics that elite players rely on, then integrating them into your own game.

Outcomes:

- Cleaner contact and improved consistency
- Efficient energy transfer and effortless power
- A repeatable, confident forehand that holds up in match play

Forehand Phases

Build the forehand progressively through these phases



Grip, Prep & Contact

Establish grip, preparation, spacing, and contact point



Extension

Learn to extend the arm through the contact point



Relaxed Arm & Lag

Create a whip-like arm and natural racket lag



Topspin Production

Create topspin by brushing up the back of the ball.



Kinetic Chain & Stances

Drive force from the legs and core up into the racket



Open Stance & Angles

Learn open stance, and how to hit angle forehands





Grip, Prep & Contact

Establish the semi-western grip, proper spacing, and an ideal contact point. The unit turn initiates the swing, setting the body early so contact can occur out in front with weight moving forward. Players position themselves behind an object or wall to reinforce spacing, then freeze the racket with a laid-back wrist well in front and to the side—defining the “ideal” contact. The section integrates this feeling by reaching over the net and performing shadow swings to reinforce contact away from the body.



Extension

Drive the arm through contact, avoiding excessive circular swings that reduce consistency. Drills like rolling a ball along the ground emphasize staying connected through the hitting zone for as long as possible. Hitting down the doubles alley and thinking about pointing the racket tip forward reinforces true extension through contact.



Relaxed Arm & Racket Lag

Develop a whip-like arm and natural racket lag by encouraging a loose grip that creates a stretch through the front of the shoulder and forearm—the “slingshot effect.” Allowing freedom in the wrist lets the hand lead while the racket “flips” back, which can be trained by swinging with only the top three fingers or using a resistance band to pull the hitting elbow forward. Players focus on delaying the racket as long as possible before extending through contact. Integration begins from the “pat-the-dog” position, leading with the butt cap to reinforce true racket lag.



Topspin

Focus on creating upward brush by dropping the racket head below the ball, then producing a turning motion with the hand as the forearm rolls over. Players first hit a ball with their hand to feel brushing up the back of the ball and imparting spin. Shadow swings with a ball in the throat to reinforce keeping the palm down as the butt cap points forward—the ball should fall off forward, not backward. Integration progresses to standing close to the net, dropping the ball low and in front, and brushing up to clear the net.



Kinetic Chain & Stances

Use the legs and core to push force into the ground and transfer it up through the body into the racket, applying Newton's Third Law—greater force into the ground creates greater potential power. For closed stance, players “sit into a chair” while coiling the shoulders, then stand up and uncoil as they swing. For open stance, they “sink” into the outside leg as the racket drops and pivot the foot as it rises. Integration with a physio band attached to the racket tip—reinforcing the usage of the whole body in the swing



Open Stance & Angles

Use open stance effectively and create sharp crosscourt angles. The open stance—common in defensive or pressured situations—requires engaging both sides of the body while loading into the outside leg. Players finish the shot with the inside leg moving behind and the outside leg forward to support rotation and balance. By standing on the singles line and aiming crosscourt, they learn to curve the ball so it crosses the opposite singles line before the service line, pulling opponents off the court.

WHAT'S NEXT?

Understanding the forehand is only **step one**. The real work starts now.

1. Footwork will either *make or break* the Forehand

A great forehand starts *before* the swing:

- *Start in a balanced ready position*
- *Read where the ball is going*
- *React and move quickly to the ball*
- *Organize the correct stance for the situation*
- *Arrive on time and in balance*
- *Efficient recovery back towards the middle*

2. Integrate the Forehand into Patterns of Play

The forehand has to live inside real tennis situations:

- *Crosscourt and down-the-line patterns*
- *Forehand as a weapon (inside-out, inside-in)*
- *Forehand under pressure, on the run, or off imperfect balls*

All this has to be trained into the nervous system.

That means thousands of high-quality reps until reading, movement, stance selection, and execution happen without conscious thought.

Your **forehand** is a **long-term project**—and that's a **good thing**.

Enjoy the process, trust the work, and keep building.

Keep learning & training:

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See you on court,
Wes

