

Slice backhand

“The slice backhand has resurfaced in the game as a very effective, strategic shot. Players can use the slice to neutralise their opponent’s weapons by taking speed off the ball. Slice can also be used to keep the ball low and short and is a great way of drawing a baseliner forward to take them out of their comfort zone and disrupt their rhythm.”

Bob Brett



1. I begin by moving to the ball and turning my shoulders – my first reaction is to step across with my ‘outside’ leg (my left leg).



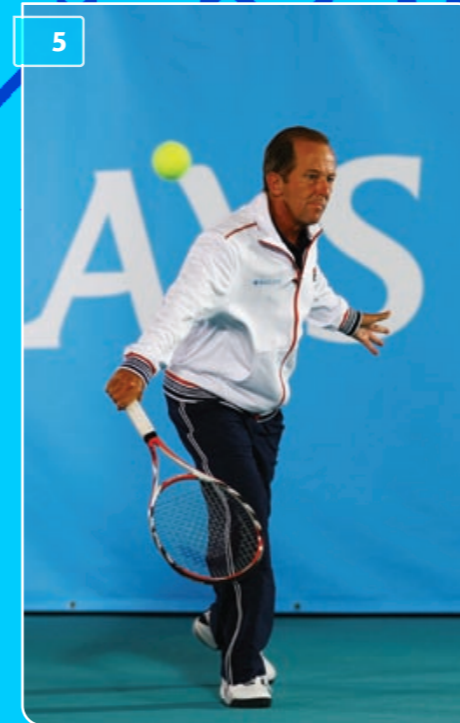
2. My left foot is quickly in place to allow my front foot to start moving into position – forwards and towards the path of the ball.



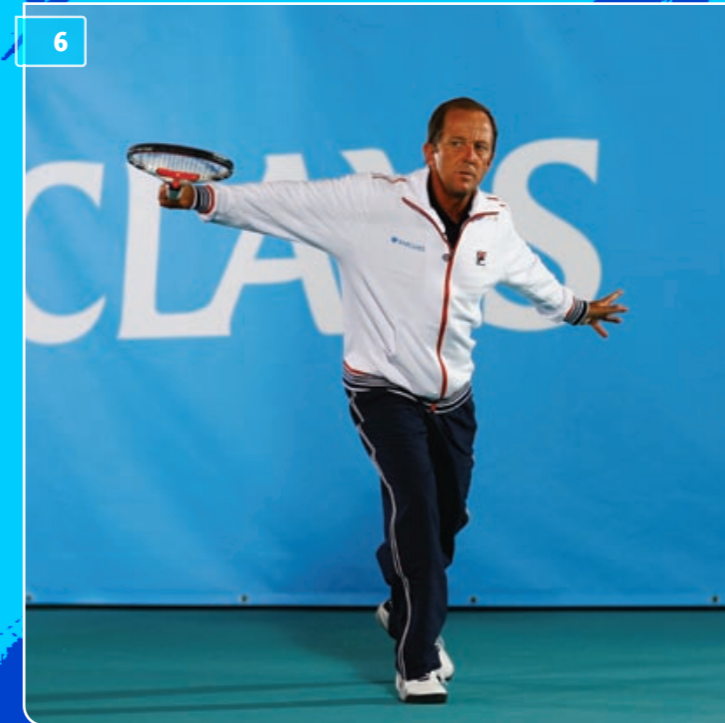
3. Notice that my hips and shoulders are now fully rotated and my racket head is back, just above the height of the ball.



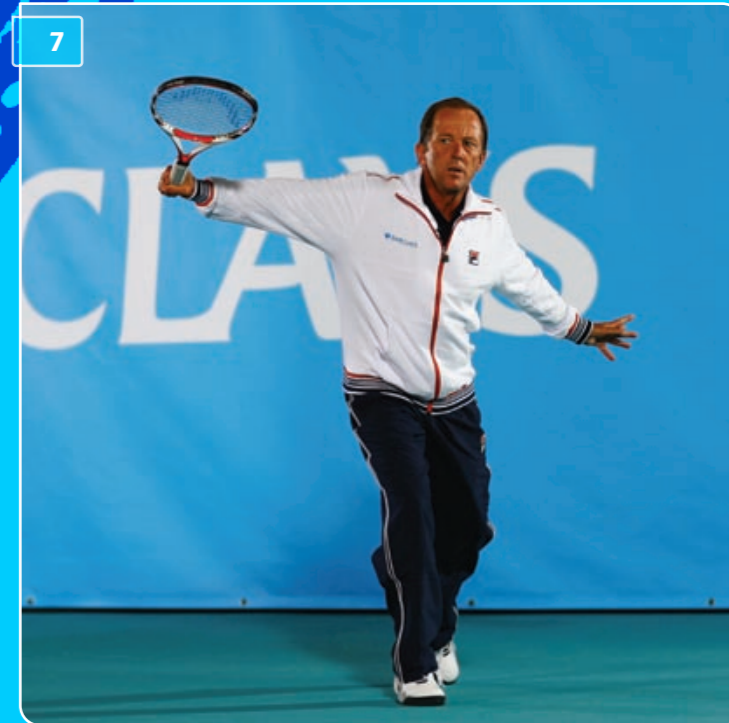
4. I cut down the back of the ball and make contact with an open racket face, out in front, a comfortable distance from my body and with my weight moving forwards.



5. Compare this photo with the last and notice how my racket has chopped down the back of the ball – that’s how the underspin is created.



6. I slide my racket under the ball and have tried to hold it on my strings for as long as possible – this helps me control the shot.



7. My shoulders open up slightly and my left arm separates from the right and moves back to help my balance. All my weight is now on my front foot.

BOB SAYS

- 1 Prepare by turning your shoulders and taking the racket back high with an open racket face.
- 2 On low balls bend your knees and get your legs under the ball.
- 3 Try to hold the ball on the strings and imagine you’re sliding the racket head across a table top.



TRY THIS AT HOME!

If you want to drop a slice backhand short, adjust the length of your shot by shortening your backswing slightly and taking a little speed off the ball by shortening your follow-through too. Try to keep the ball as low as possible.