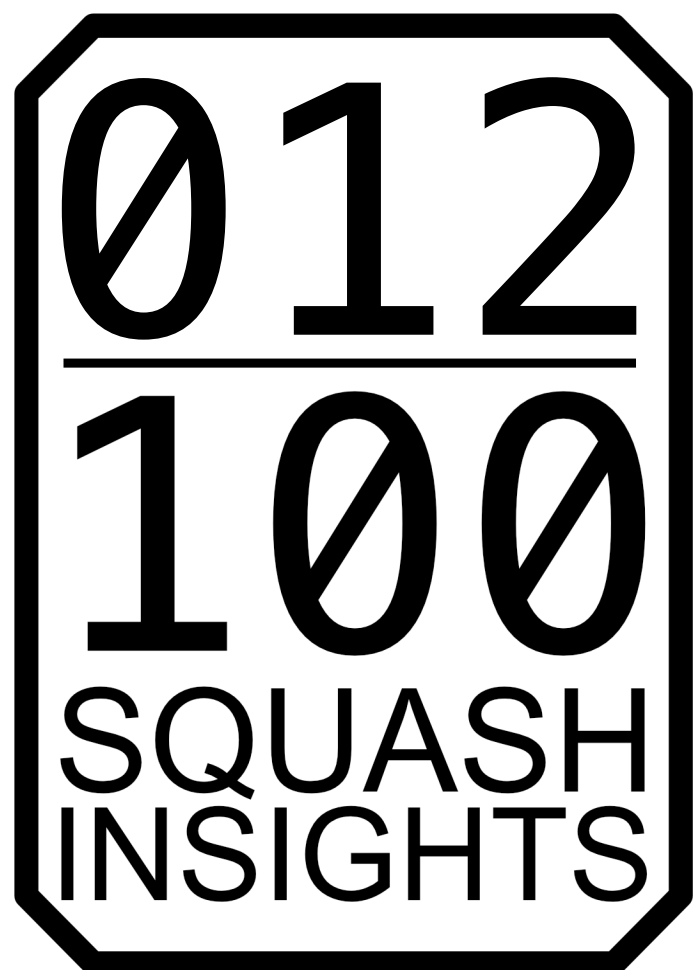




Highlight

Stop admiring your shots.

Hit and move in one smooth motion.

Start moving back to the T

Explanation

It's true that you can't always be "moving back to the T before the ball has hit the front wall." But you should be trying.

Too often, amateur players are stationary much longer than they should be.

Often the follow through of your swing should provide the momentum to start moving back to the T.

On Court

Believe it or not, you can begin to develop the habit during solo drills. As you hit simple straight drives to the back, try to move one step back to the T.

The same is true of pairs' drills. Make it one of the objectives of the drill to get back to the T, even if you have to perform the drill for less time.

Consciously think about "Hit and Move" as a smooth motion, not as two separate actions.