



TRAINING REPORT

Fall /2025

Prepared By.

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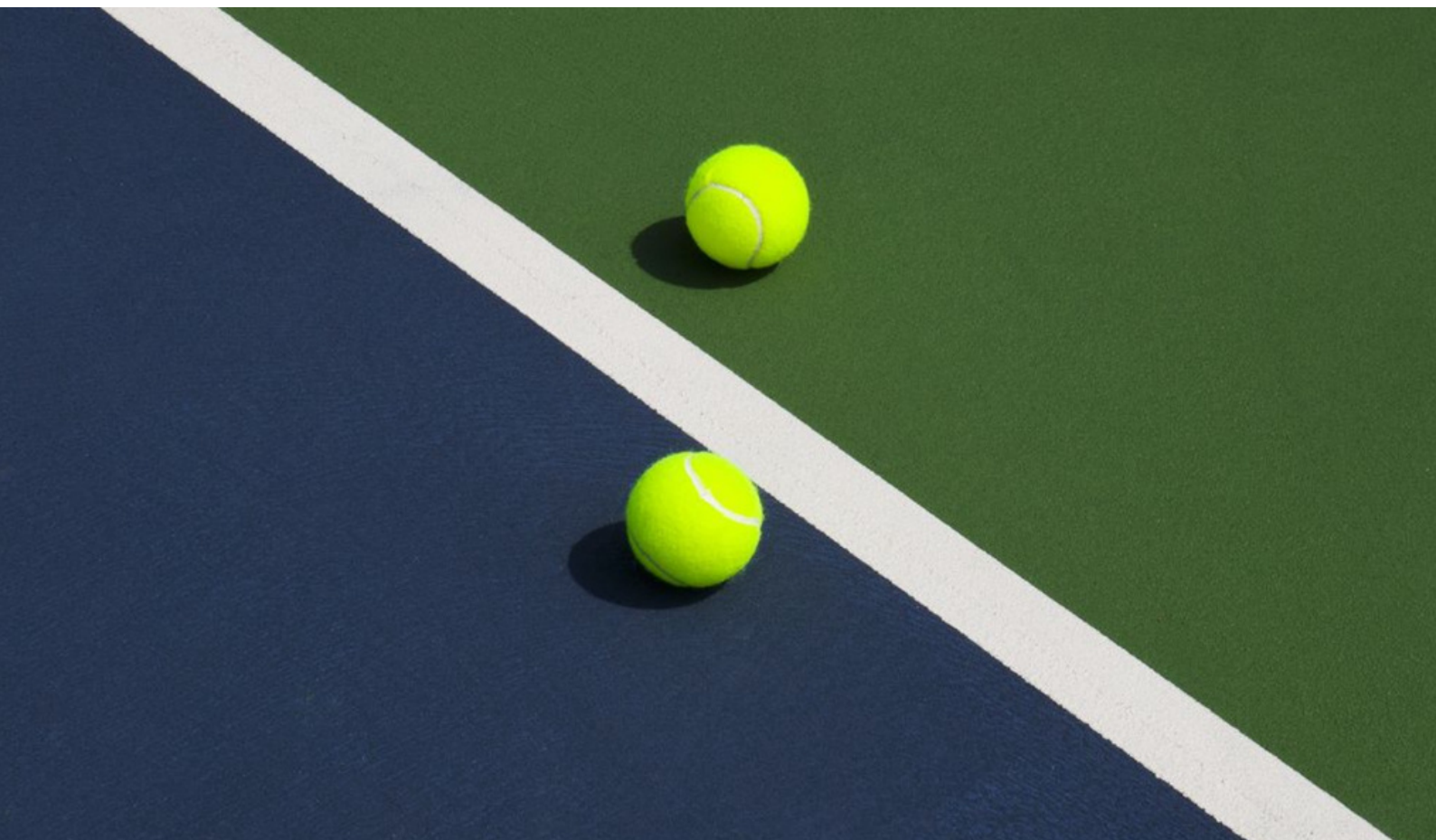
Presented To.

Evan Sharygin



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FOREHAND

1. Shoulder turn
2. left hand with
3. Contact point on the raise and in front
4. Extension
5. Weight transfer
6. Posture
7. Different sizes of backswing

Depending the speed of the ball

1. 1st returns
2. Faster ground strokes and approach shots
3. Slower ground strokes when there is plenty of time to load and fully coil



SERVE

1. Tossing arm raise it slower from and keep it up longer
2. Don't drop the left shoulder
3. 2 x 2 targets area for accuracy
4. 2nd serves toss slightly more towards him
5. Arch over the net using more net clearance with rope or double net



6. Depth consistency on 2nd serves
7. Variety on 2nd serve mixing the speeds and spins
8. Open the court with wide kick serve in as side focusing on the 2nd bounce in the side fence





RETURNING

1. Wider stance and better body position with the upper body straight.
2. Pivot with shoulder turn with left shoulder to the chin and both hands closer together (backswing number1)
3. Footwork depending on the speed and placement of the serve
4. 45 Degree body position and alignment with contact in front
5. Extension forward with the edge of the racquet to achieve depth and penetration in his first returns
6. Bisecting the angle
7. Balance and recovery



NET GAME

1. Backhand volley technique correction with racquet further in front of the body and extension firm with strength
2. Sync of weight transfer with the legs and the racquet
3. Looking for an offensive contact point above the net
4. 1st volleys Depth and penetration behind the service line with explosive footwork and maximum energy and intensity from his legs
5. 2nd volleys put away
6. Drills and patterns combining 1st Abd 2nd volleys
7. Footwork with quick proprioceptors awakening for maximum balance and precision
8. Lob explosion and recovery
9. Net positioning following the direction of the approaches and volleys and always playing one more shot
10. Full transition learning to adjust to the different speeds and types of volleys





TRANSITION FOWARD

- 1- Proper alignment
- 2- Rotation back and around the ball
- 3- Serve and forehand forward with power and explosion
- 4- 2nd return forward
- 5- 2 ball sane side forward
- 6- Ferrer 180 rotation on top of the baseline

