

PAUL DOUGLAS

NAUKA TENISA

W WEEKEND

KSIĄŻKA POLECANA PRZEZ PTCA

WZROK

Obejrzyj piłkę aż do momentu uderzenia. W chwili zetknięcia piłki z rakietą głowę utrzymuj nieruchomo.

CIEŻAR CIAŁA

Rozpoczynając ruch rakiety w kierunku piłki przenoś ciężar ciała na nogę w kolanie nogę wyprostuj.

STABILNOŚĆ

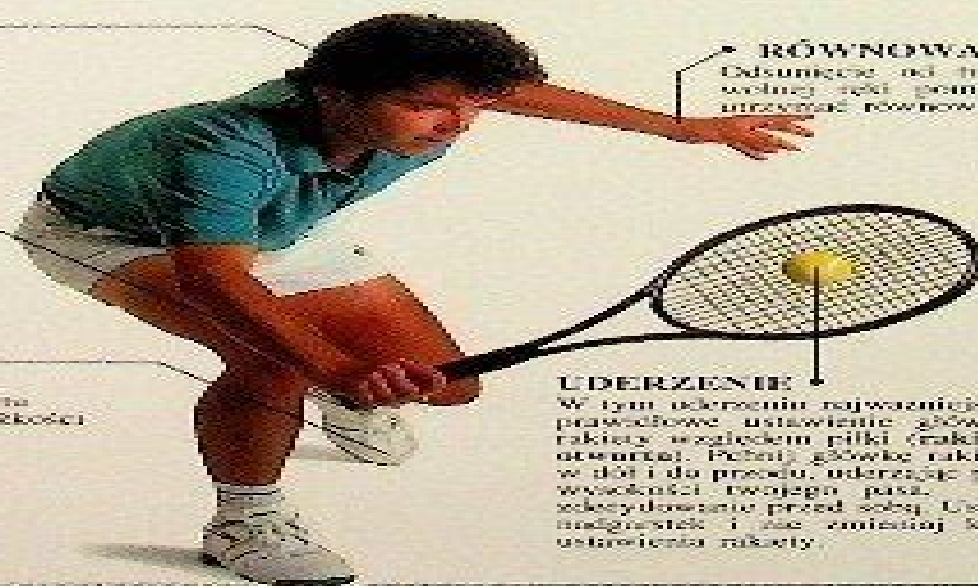
Dla zapewnienia stabilności ciała w momencie uderzenia dotykaj kortu palcami nogi zakrocznej. Środek ciężkości ciała powinien być obniżony.

RÓWNOWAGA

Odsunięcie od tułowia wolnej ręki pomoże utrzymać równowagę ciała.

UDERZENIE

W tym uderzeniu najważniejsze jest prawidłowe ustawienie główki rakiety względem piłki (rakietę otwórz). Połnij główkę rakiety w dół i do przodu, uderzając piłkę na wysokości swojego pasa, zdecydowanie przed sobą. Używaj nadgarstek i nie zmieniaj kąta ustawienia rakiety.



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