

Hula Hoop Teaching Aid.



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One of the teaching aids I find most useful with young players is a set of hula hoops hanging from the fence using cable ties at the appropriate height.

Many young players open their racket face on contact on their groundstrokes in order to achieve success over the obstacle of the net.

One of the simplest ways to correct this is to get the players to hit the ball into the hoop on the fence from the same distance they would normally play from the net.

Important teaching points here are:

- ❖ the contact is out in front
- ❖ the strings are pointing to the hoop.

With more than one hoop on the fence you can play games like first player or team to get ten shots in the target area wins.

