

Lesson 18. Contact Position & Pronation Start

This lesson is about the moment of contact.

Start with a shadow swing.

Stop the racket where you would make contact with the ball.

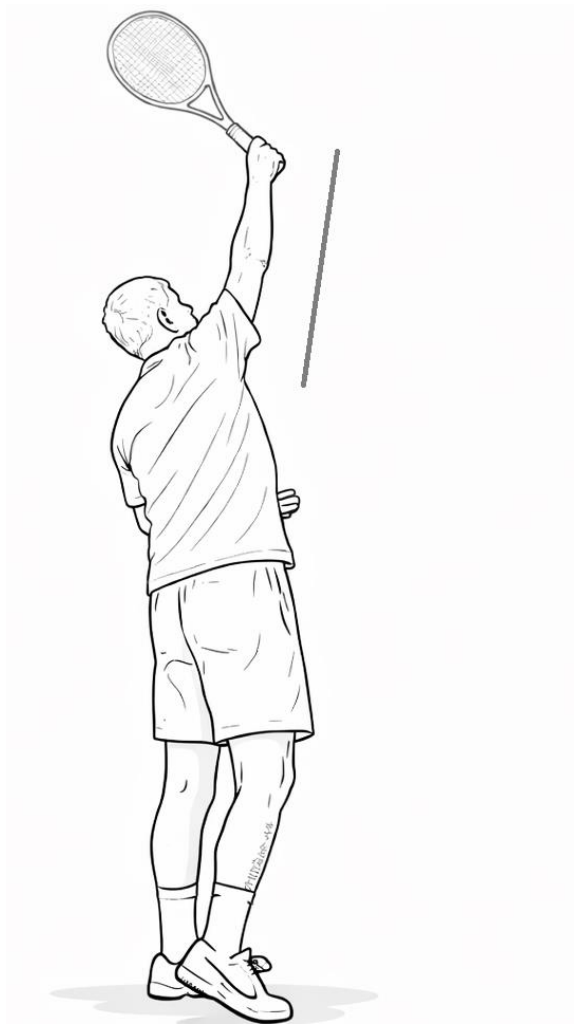
Check a few things.

Your hitting arm should be **straight**.

Not stiff, but fully extended.

There should be an **angle between your arm and your racket**.

Not one straight line — an angle.

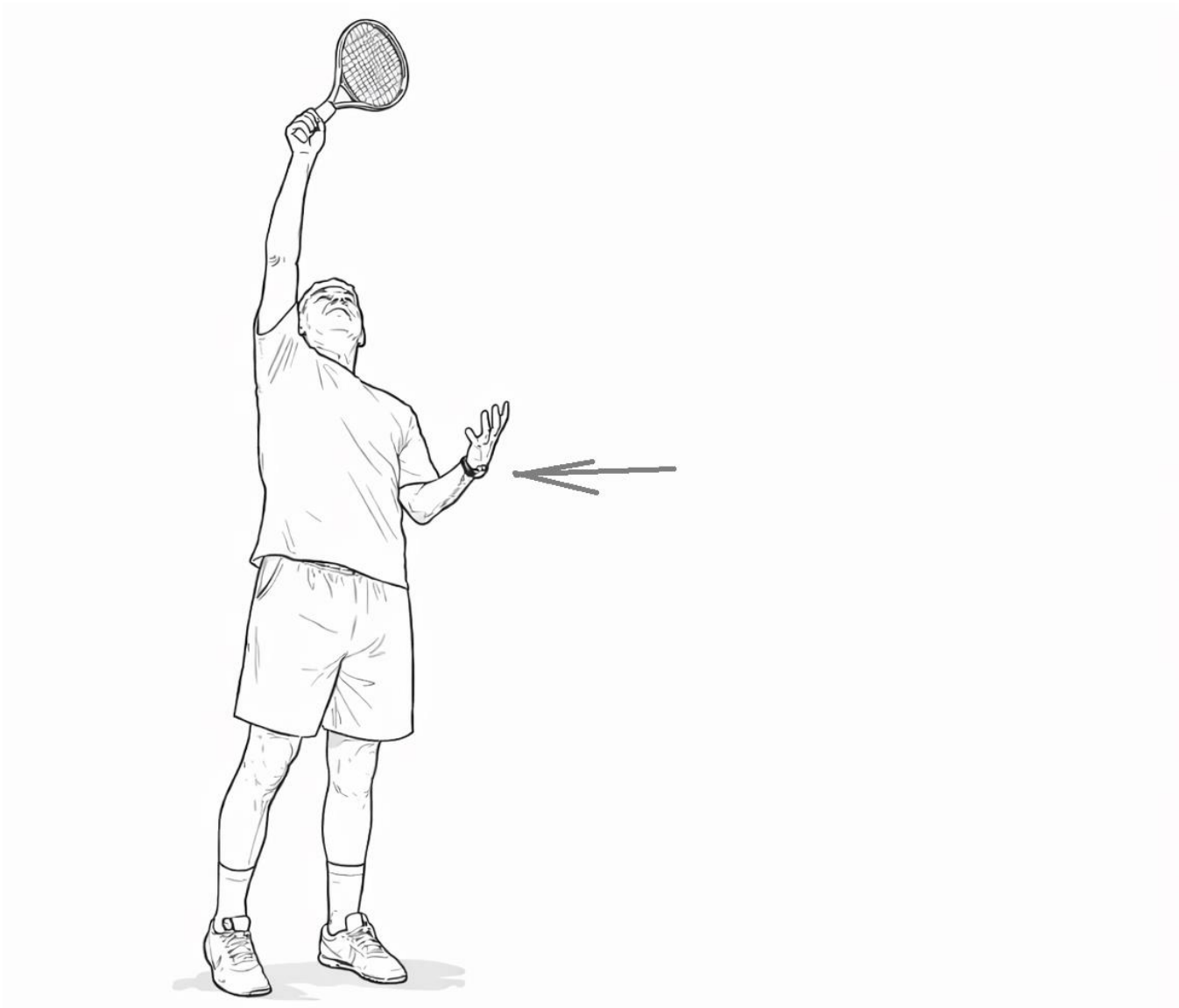


Straight Arm



Arm-Racket Angle

Your tossing hand should **be tucked in** close to your stomach.

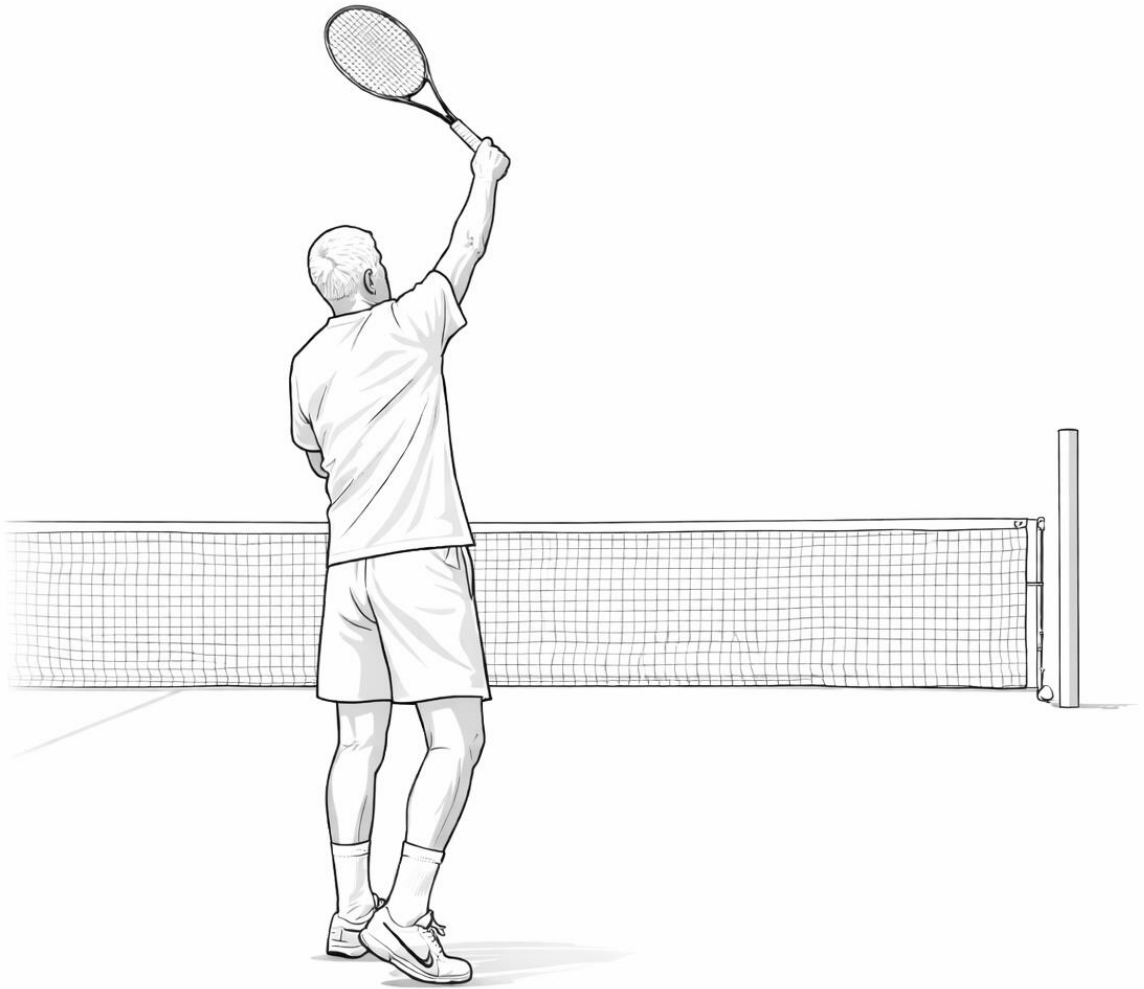


Tossing Hand Tucked In

You need to stay a bit **sideways** at this moment.

Not facing the net directly. Sideways.

Your chest should point toward the net post.



Chest Points to Net Post

Freeze.

Hold this position for three to five seconds.

Feel the shape.

Let your body memorize where it needs to be.

Then let the motion continue.

The strings turn to face the side fence.



Racket Faces Side Fence

That is your **pronation**.

Then allow the racket to move into a **smooth finish**.

Here is the key:

during this motion, from contact through pronation,
keep your shoulder and elbow up.

Do not let your arm drop too early.

Stay lifted as long as you can.

Then finish.
Stop. Check it.

Key Points

Straight hitting arm.

Angle between arm and racket.

Tossing hand tucked in.

Stay slightly sideways.

Shoulder and elbow stay up through pronation.

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Serve Course

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