

RELEASE RALLIES

Bob Love USPTA (Master Pro)

RELEASE RALLIES are strokes designed to give tennis players the FEEL of GENERATING TOPSPIN WITH CONROL and CONSISTENCY!

Purpose: Modern tennis strokes require that one arm dominate for POWER and the other be used for CONTROL Many players don't understand this pairing of muscles so I developed RELEASE RALLIES so players can acquire STROKING BALANCE.

FOREHAND RELEASE TECHNIQUES



LOCK and LOAD

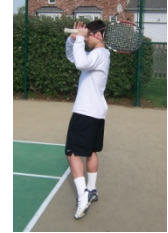


ZONE of CONTACT

Medium
to
Low Shots



RELEASE FINISH (Front and Side)



Shoulder-High
Strokes



BACKHAND RELEASE TECHNIQUES



PREPARATION



FIRING!



CROSS-COURT
RELEASE FINISH



DOWN-THE-LINE
RELEASE FINISH

SERVING RELEASE TECHNIQUES



START to FINISH
This method improves BALANCE
and REDUCES ERRORS!

