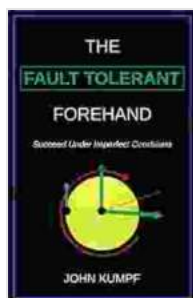


The Fault Tolerant Forehand: Succeed Under Imperfect Conditions

By [Author's Name]

The Fault Tolerant Forehand is a revolutionary new approach to tennis that teaches players how to hit consistently powerful and accurate forehands even when their strokes are not perfect.



The Fault Tolerant Forehand: Succeed Under Imperfect Conditions by Fodor's Travel Guides

★★★★☆ 4.8 out of 5

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Traditional tennis instruction focuses on teaching players how to hit the perfect forehand. However, this is an unrealistic goal for most players. Even the best players in the world make mistakes on their forehands. The key to success is not to eliminate mistakes, but to learn how to hit consistently good shots even when your strokes are not perfect.

The Fault Tolerant Forehand is based on the principle that there is no such thing as a perfect forehand. Every forehand is going to have some degree of error. The goal of the Fault Tolerant Forehand is to teach players how to

minimize the impact of these errors so that they can still hit consistently good shots.

The Fault Tolerant Forehand is not a quick fix. It takes time and practice to learn how to hit a fault tolerant forehand. However, the rewards are worth it. Players who learn to hit a fault tolerant forehand will be able to hit more consistently, play with more confidence, and win more matches.

The Benefits of the Fault Tolerant Forehand

- Hit more consistently
- Play with more confidence
- Win more matches

How to Hit a Fault Tolerant Forehand

The Fault Tolerant Forehand is based on the following principles:

1. Relax your grip.
2. Keep your elbow bent.
3. Swing through the ball.
4. Follow through with your swing.

Let's take a closer look at each of these principles.

Relax your grip

One of the most important things you can do to hit a fault tolerant forehand is to relax your grip. A tight grip will prevent you from swinging freely and will make it more difficult to control the ball.

To relax your grip, simply hold the racket loosely in your hand. You should feel like you could drop the racket at any moment.

Keep your elbow bent

Another important principle of the Fault Tolerant Forehand is to keep your elbow bent. A straight elbow will make it more difficult to control the ball and will increase your chances of making a mistake.

To keep your elbow bent, simply bend your arm at a 90-degree angle. Your elbow should be pointing down towards the ground.

Swing through the ball

When you swing through the ball, you want to make contact with the ball in front of your body. This will give you more time to control the ball and will help you to generate more power.

To swing through the ball, simply start your swing back behind your head and then swing through the ball in a fluid motion.

Follow through with your swing

After you hit the ball, be sure to follow through with your swing. This will help you to control the ball and will give you more power.

To follow through with your swing, simply continue swinging your racket forward until it reaches your opposite shoulder.

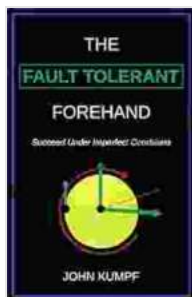
Practice Drills

The best way to learn how to hit a fault tolerant forehand is to practice. Here are a few drills that you can use to improve your forehand:

1. **Shadow swing:** This drill helps you to practice your forehand swing without hitting a ball. Simply stand in front of a mirror and swing your racket as if you were hitting a forehand. Focus on keeping your grip relaxed, your elbow bent, and your swing fluid.
2. **Ball toss drill:** This drill helps you to practice hitting forehands against a live ball. Simply toss a ball into the air and hit it with a forehand. Focus on making contact with the ball in front of your body and following through with your swing.
3. **Partner drill:** This drill helps you to practice hitting forehands against an opponent. Simply stand facing your partner and hit forehands to each other. Focus on keeping your grip relaxed, your elbow bent, and your swing fluid.

The Fault Tolerant Forehand is a revolutionary new approach to tennis that teaches players how to hit consistently powerful and accurate forehands even when their strokes are not perfect. If you want to improve your forehand, I encourage you to give the Fault Tolerant Forehand a try.

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