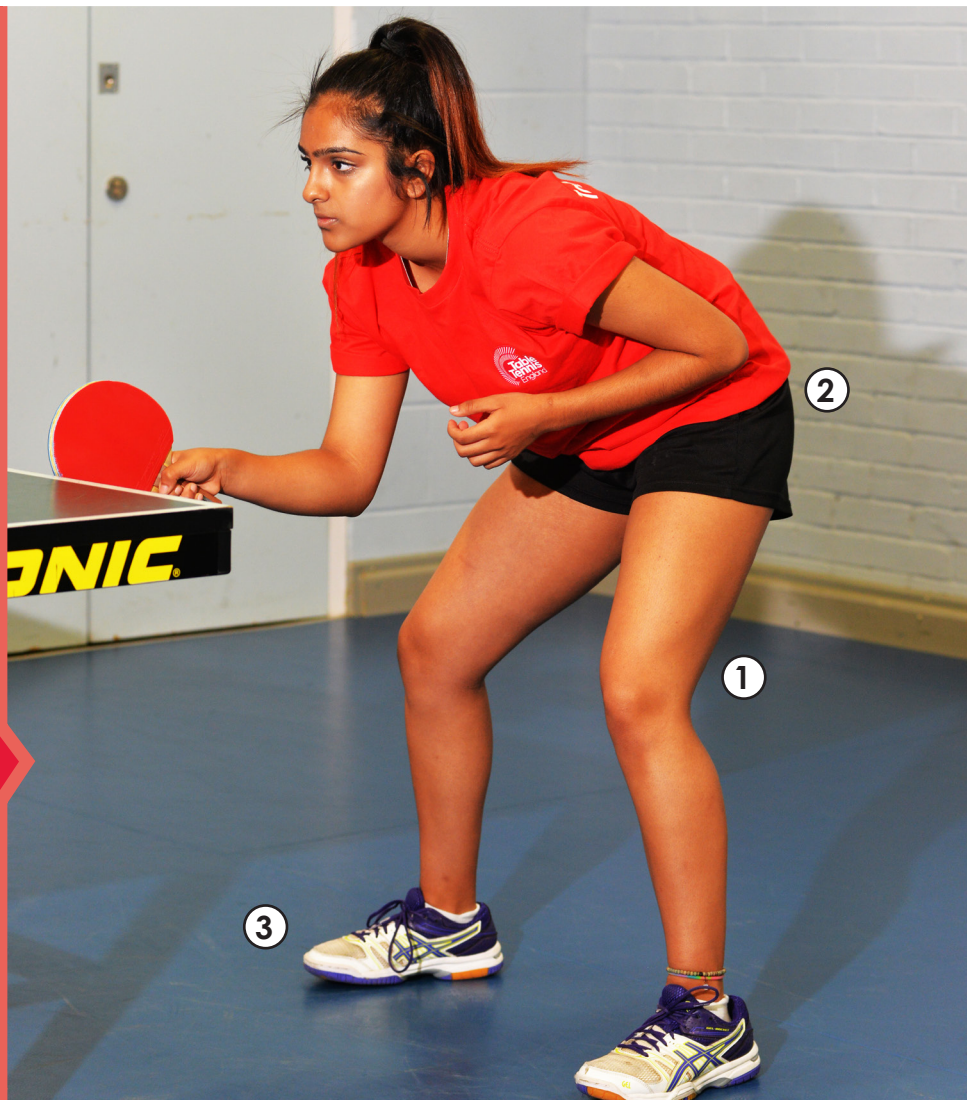


## TECHNIQUE

# READY POSITION

A position that should be undertaken after every shot so all the shots can be easily reached and the player is prepared.



## WHY IS THIS USEFUL?

The ready position will enhance balance and enable a player to move in any direction, allowing the player to move efficiently and enabling time for stroke preparation.

- 1 Knees bent
- 2 Leaning slightly forward so your weight is on the balls of your feet
- 3 Feet shoulder width apart
- 4 Racket should be table height and in front of the body

### TOP TIP

Touch your right toe against your left heel, and then step your right foot out to shoulder width apart.