

Aadya Modani

Tennis Advance

Age: 1

Gender: Female

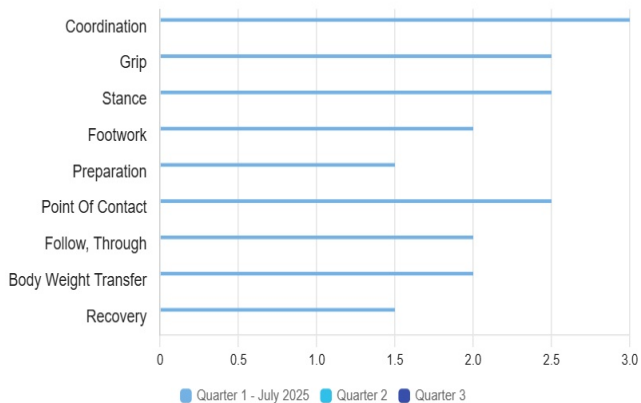
Proficiency: Advanced

Weight 65 kg

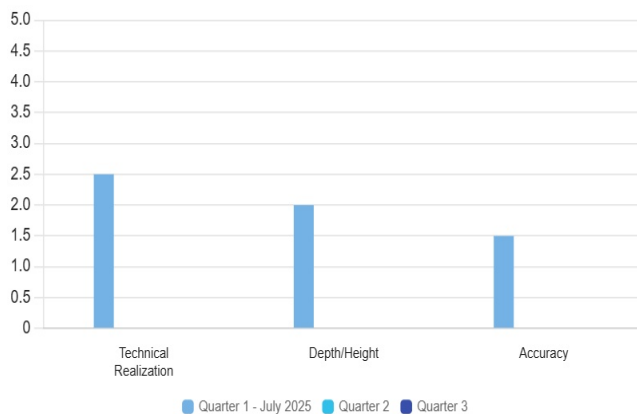
Height 165 cm

BMI 24

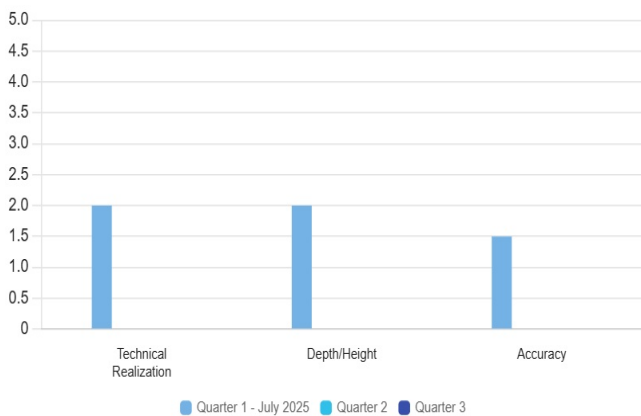
Forehand Drive Mechanics



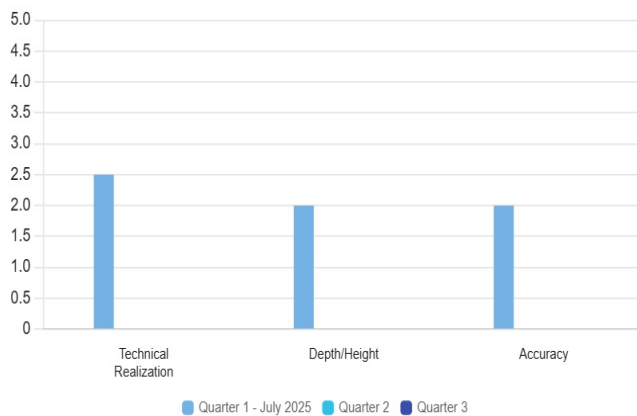
Forehand down the line - Execution



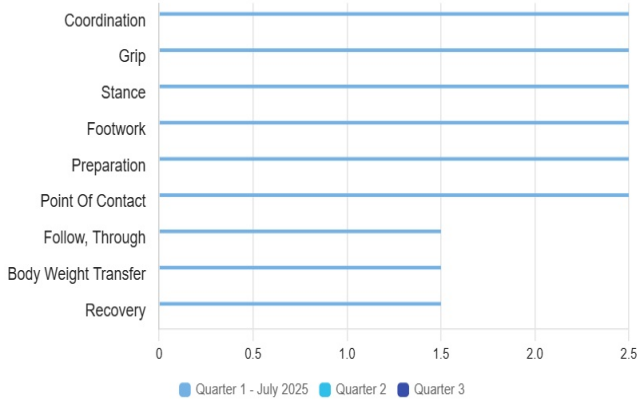
Forehand down the middle - Execution



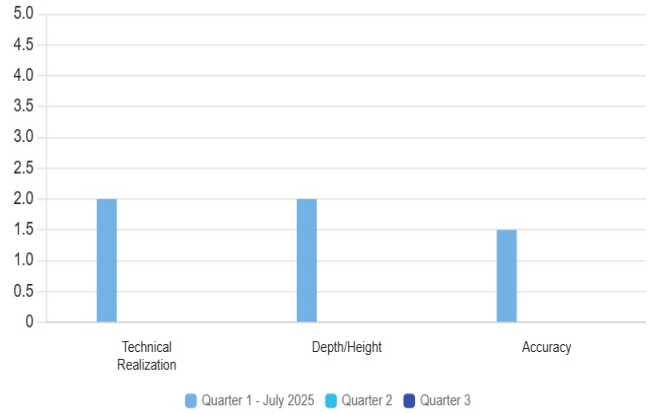
Forehand Cross Court - Execution



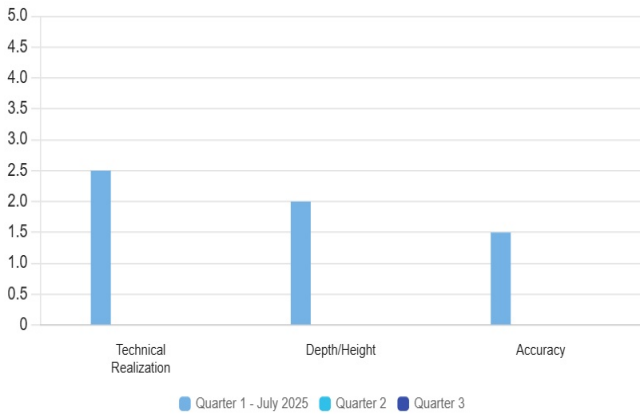
Backhand Drive Mechanics



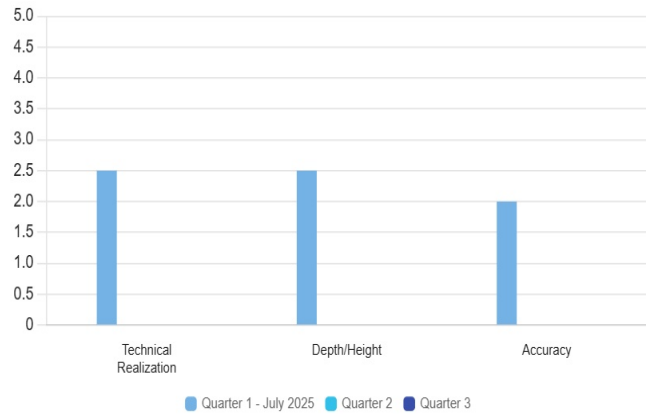
Backhand Down the line - Execution



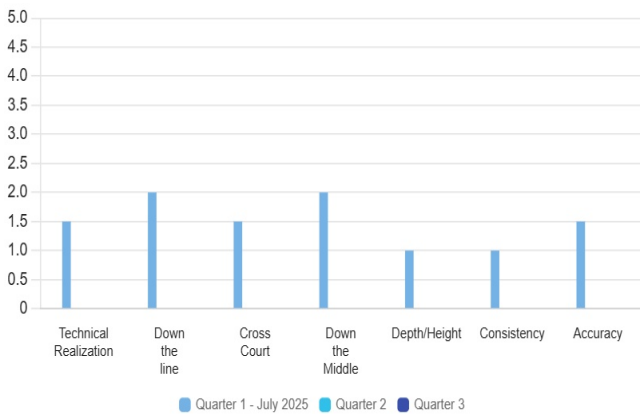
Backhand Down the middle - Execution



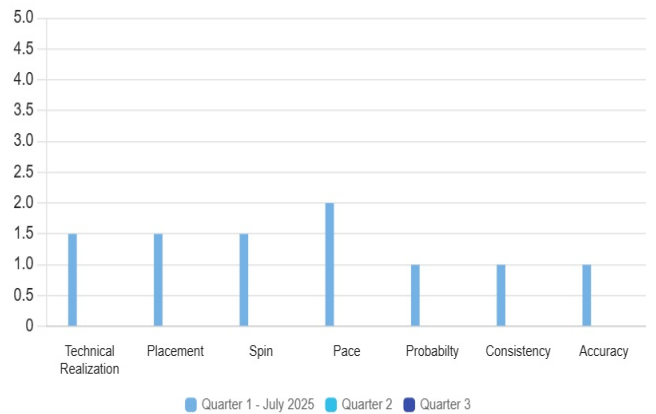
Backhand Cross Court - Execution



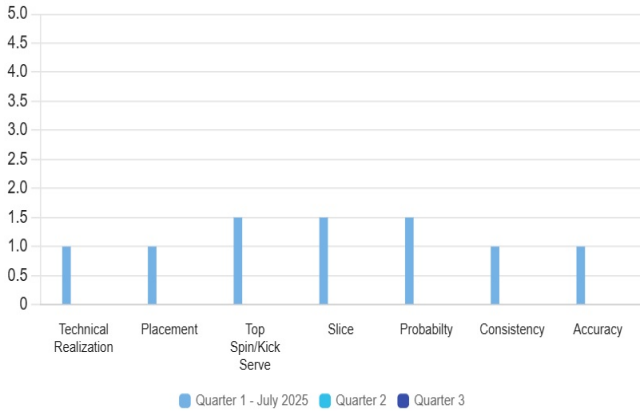
Serve Mechanics



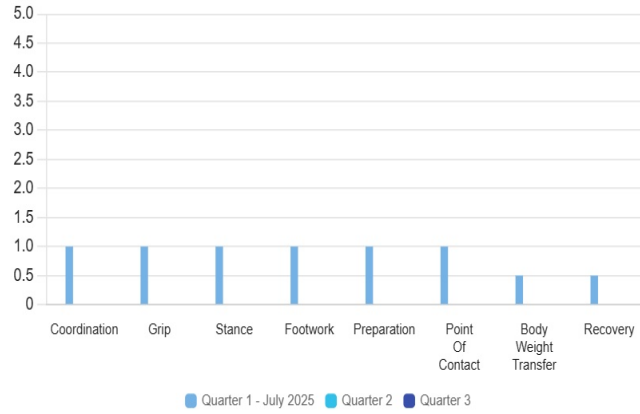
1st Serve - Execution



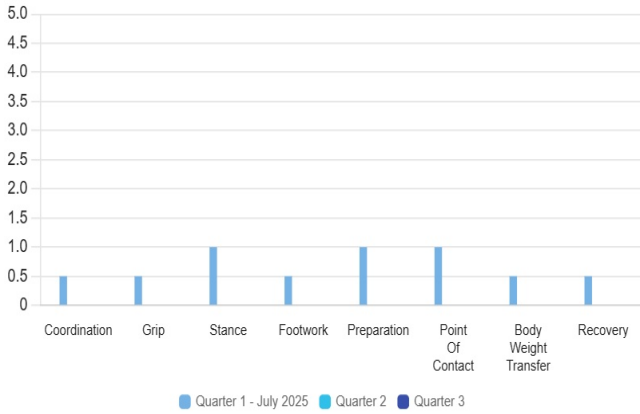
2nd Serve - Execution



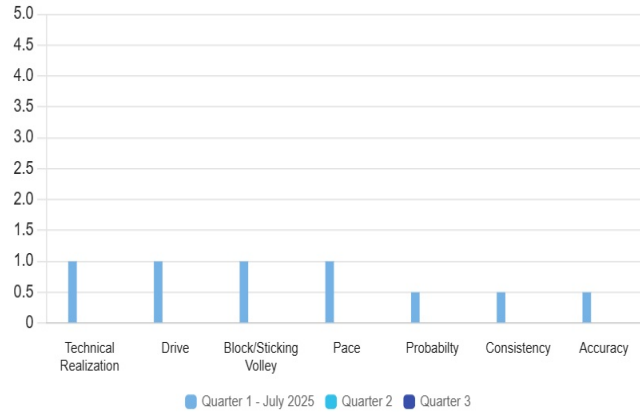
Forehand Volley Mechanics



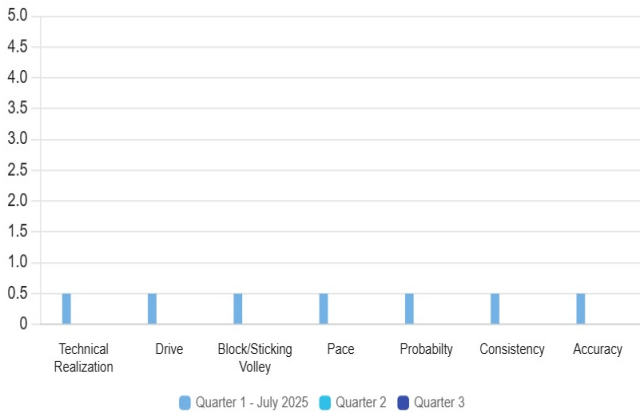
Backhand Volley Mechanics



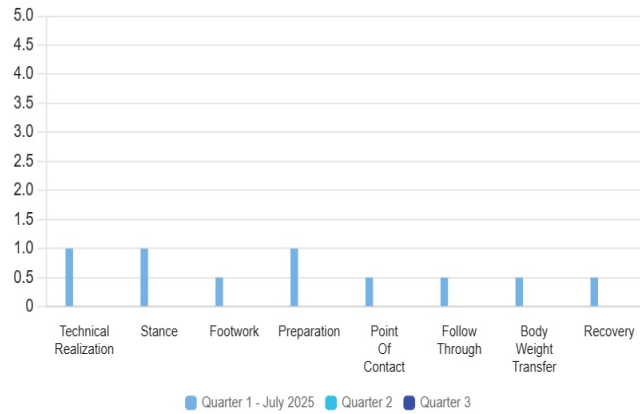
Forehand Volley Execution



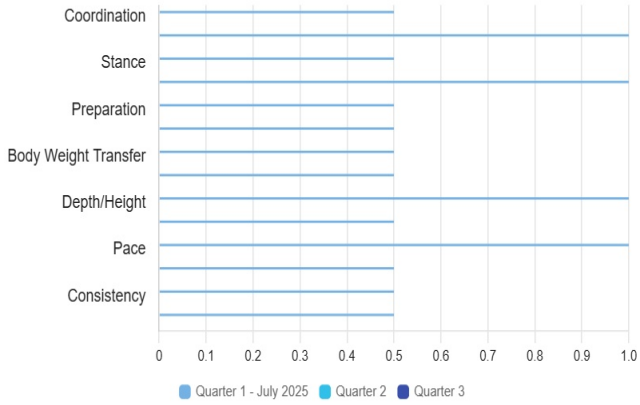
Backhand Volley Execution



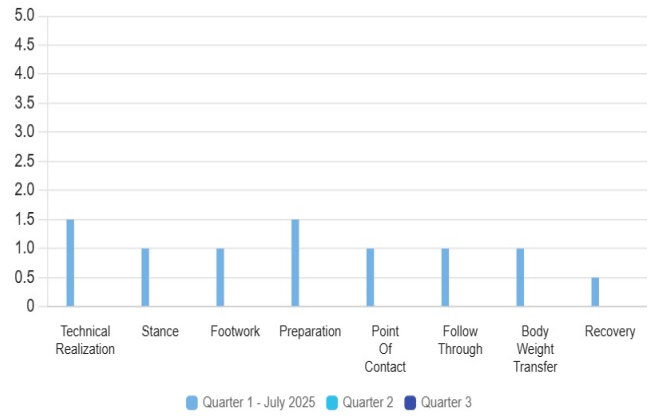
Forehand Slice - Mechanics



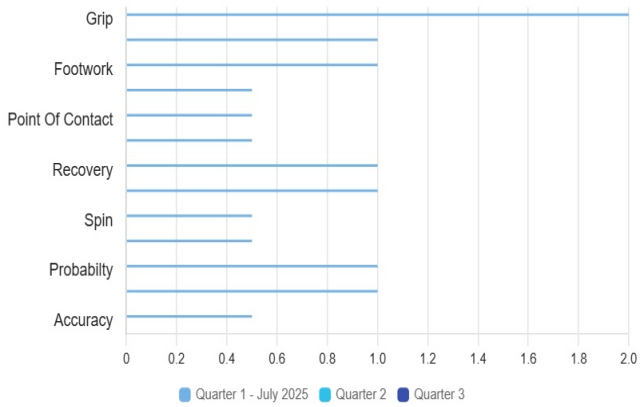
Forehand Slice - Execution



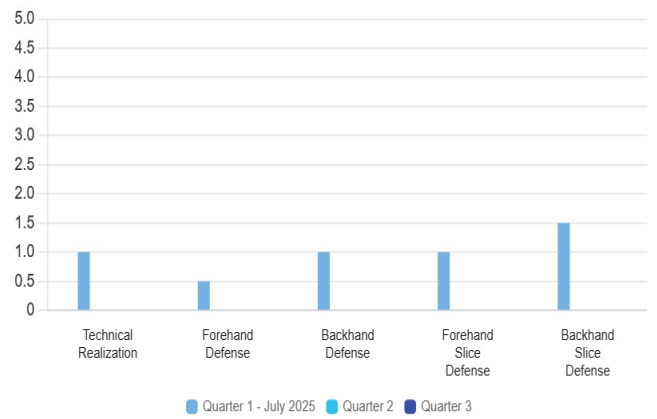
Backhand Slice - Mechanics



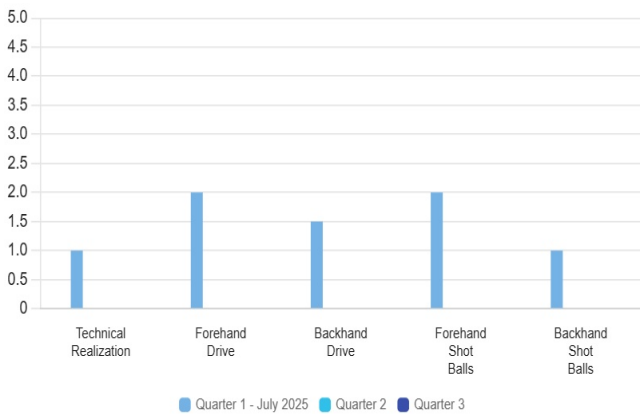
Backhand Slice - Execution



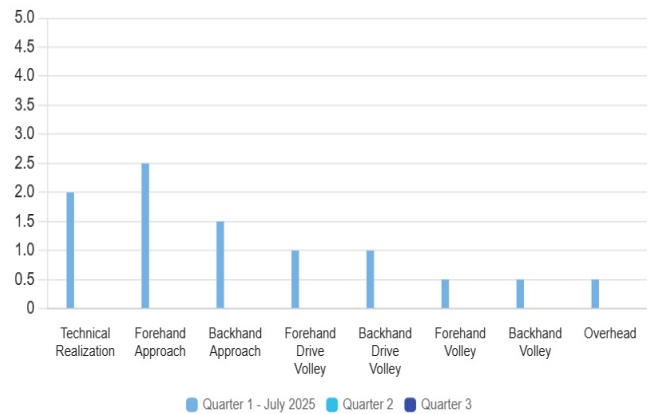
Defensive Position



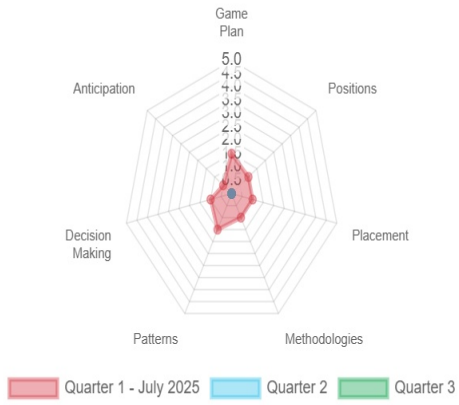
In-Play/Neutral Position



Offensive Position



Tactical Analysis



Physical Analysis

