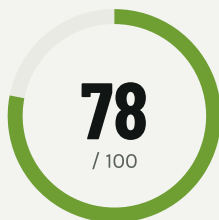


SAMPLE SESSION

4 shots analyzed · 4 groundstrokes, single phone camera



SWING SCORE · SOLID

Strongest: **Balance, 97**
Biggest opportunity: **Load & hold, 62**

TRY THIS NEXT · LOAD & HOLD

Land the split-step earlier, knees already bending. Stay down until you've hit the ball.

Best shot: shot 1. Do that again.

Rates your movement: head stability, balance and leg load. Not racket speed or spin. Based on 4 shots. Film 8 or more for a steadier read. Give or take 3 points.

YOUR SCORES

BALANCE

Weight over your feet through the shot



STANCE WIDTH

Base width as you load. Not in the Swing Score.



LOAD & HOLD

How low you load, held until you hit



HEAD STABILITY

Staying down through contact



TECHNIQUE CONSISTENCY

How alike your shots were. 100 = identical.



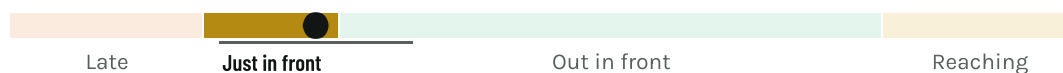
CONTACT POINT

Shown, not scored

JUST IN FRONT

On the edge of Out in front

Contact slightly ahead of your body. Fine for defence; on attacking balls, meet it a little further forward.



Contact about 19 cm in front of your hips, the middle of 4 shots.

A LITTLE FORWARD

Some weight into the shot, from a stable base.



Hips moved about 27 cm forward from the start of your swing until you recovered, the middle of 4 shots.

FRONT LEG AT CONTACT

Shown, not scored

FIRM

Front leg fairly straight at contact. Keep a little bend so you stay down through the ball.



Front knee at 161° at contact (180° is straight), the middle of 4 shots.

STRENGTHS AND NEXT GAINS

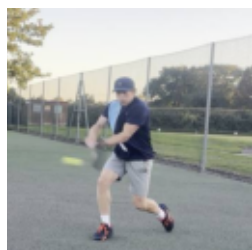
WORKING WELL

- Balanced on shots 1, 2, 3 and 4: weight stayed over your feet.
- Wide, athletic base on shots 1, 2 and 3.
- Knees well bent and loaded on shot 1.
- Head still through contact on shots 2, 3 and 4: little pull-back or lift.

BIGGEST OPPORTUNITIES

- Load & hold is your lowest score this session (62/100). Try this: land the split-step earlier, knees already bending. Stay down until you've hit the ball.

SHOT BY SHOT



SHOT 1 • 1.9 s • GROUNDSTROKE

- Balanced: weight stayed over your feet.
- Wide base (0.41× your height). A solid platform to drive off.
- Low and loaded (110° knee bend).
- Weight transfer: a little forward.
- Head moved 9 cm up, 0 cm back; 15 cm through the finish. Low confidence: your head wasn't clearly tracked.



SHOT 2 • 4.8 s • GROUNDSTROKE

- Balanced: weight drifted 2 cm off your base.
- Wide base (0.50× your height). A solid platform to drive off.
- Some load (117° knee bend). Try this: land the split-step earlier, knees already bending.
- Weight transfer: into the ball.
- Head steady at contact (6 cm up, 0 cm back). Normal.



SHOT 3 • 7.9 s • GROUNDSTROKE

- Balanced: weight stayed over your feet.
- Wide base (0.41× your height). A solid platform to drive off.
- Some load (113° knee bend, 118° by contact). Try this: land the split-step earlier, knees already bending.
- Weight transfer: a little forward.
- Head steady at contact (5 cm up, 0 cm back). Normal.



SHOT 4 • 10.8 s • GROUNDSTROKE

- Balanced: weight stayed over your feet.
- Medium base (0.40× your height). Try this: land the split-step a little wider.
- Some load (125° knee bend). Try this: land the split-step earlier, knees already bending.
- Weight transfer: into the ball.
- Head steady at contact (3 cm up, 0 cm back). Normal.

YOUR NEXT SESSION

YOUR GOAL

Load & hold: 62 to 80. That's the step up to Strong.

THE DRILL

Land the split-step earlier, knees already bending. Stay down until you've hit the ball.

FILM IT THE SAME WAY

Same spot, same angle, same height entered, and a few more shots. Then the change between reports is you, not the camera.