



Open Stance:
Serena Williams

What is the Open Stance Forehand?

The open stance forehand has changed the modern game of tennis. Nowadays, most all top professionals are using this style as opposed to the traditional closed stance forehand. Players find this stance more comfortable and easier to generate more power.

So what exactly is the open stance forehand? The open stance forehand can be described as loading the outside leg; (right leg for right-handers and left leg for left-handers) to the side, which will have both legs parallel to the baseline. Once the outside leg is loaded it will be easier to utilize the increased power reserve in your trunk as you turn into the shot. Players are using this stance for a variety of reasons, which include:

- ➔ more power
- ➔ faster recovery
- ➔ easier to reach wide balls
- ➔ can incorporate your body into the shot

Closed Stance:
Venus Williams



Players are finding the open stance necessary due to the changes in the game over the last ten years. In years past, people were only using the closed stance of stepping into the ball with your front foot as seen here by Venus Williams. In today's game, players are using a combination of both open and closed stance, which will depend upon where they are in the court.