

Tennis Insight Report: Session Analysis

Date: 2025-12-22 | **Session Type:** Forehand Groundstroke Analysis | **Version:** 1.0 (Agentic)

Video Context

- **Clip Analyzed:** `inputs/Week 2 - Day 1 - My Shot of the day (Horizontal).mp4`
- **Focus Area:** Forehand Technique Analysis | **AI Confidence Score:** 85%

Technical Breakdown

1. The Preparation (Phase 1)

- **Racket Take-back:** Smooth backswing with racket head high and elbow bent, maintaining a compact position
- **Body Unit Turn:** Proper shoulder and hip rotation to the right, creating coil for power generation
- **The "Drop":** Controlled drop of the racket head to prepare for forward swing, keeping the racket face angle consistent

2. Contact & Kinetic Chain (Phase 2)

- **Point of Contact:** Contact made slightly in front of the body with racket face closing through impact
- **Hip Rotation/Loading:** Hips opening through contact, providing rotational power and stability
- **Weight Transfer:** Smooth transfer of weight from back foot to front foot, maintaining balance and direction

The "One Fix" (Priority Coaching)

The Problem: Follow-through could be more complete to ensure full extension and control

The Correction: Extend the racket through the target line with full arm extension after contact

The "Why": Improves consistency, power transfer, and prevents rushed recovery for the next shot

Progress Tracking

- **Consistency vs. Last Session:** Steady improvement Solid forehand fundamentals with room for refinement in follow-through
- **Next Goal:** Achieve complete follow-through in 90% of forehand strokes for better control and power

Social Media Ready (Draft)

Hook: Forehand Fire: Power and Precision!

Caption: Frame-by-frame breakdown shows the perfect forehand setup! Unit turn, contact forward, and explosive power. #ForehandMastery

Hashtags: #TennisOver40 #AITennisCoach #ForehandTechnique #TennisPower #Biomechanics