

Nathalie Tauziat

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Education; Sport and/or university titles

Highest WTA rank: 3 (8 may 2000) both singles and doubles

Won 8 singles, 25 doubles titles

Runner-up, Wimbledon 1998

¼ final French and US Open

Winner of Fed Cup in 1997 with French team (Captain NOAH Yannick)

N°1 in France for seven Years in row

Record of selection in Fed Cup for French team (47)

Holder of BE1 diploma (tennis coach) 1995

Holder of FFT diploma “entraîneur de haut niveau” (high performance coach) 2006

Actual position:

Director of “tennis club du Gaillou” CAPBRETON, France coach of many young top regional players

Has coached Stéphanie COHEN-ALORO top 100

Has coached Chloé BABET French champion U16

Other important achievements

Mother of 3 daughters

Nathalie TAUZIAT
THE ONE-HAND BACKHAND

History

- In the past, there were very few two-hand backhands, mostly played by ambidextrous people.
- A generation came of two-hand backhands starting with the “real” Bjorn BORG backhand and many other players playing two-hand with various right hand grips.

Two-hand backhand

- Why this sudden predominance?
- Advantages
 - Easy to teach, immediate efficiency
 - Efficiency on several shots, especially return of serve
- Disadvantages
 - Very demanding physically
 - Can cause injuries
 - Special shots players have to play with one-hand are often too weak among two-hand players
- The 2 biggest flaws
 - Teach a two-hand backhand with forehand grip
 - Play with arms too close to the body

One-hand backhand

Assembly and breakdown of the one-hand backhand: reference and observations

- Advantages
 - Allows a more various game
- Disadvantages
 - Some players rely too much on slice
 - Results will take more time to come

Teaching

We shall see through videos the basic principle and keys to success, and the various parts to work on:

- Arm / head / shoulders / legs
- Racket presentation

Interest of a correct grip