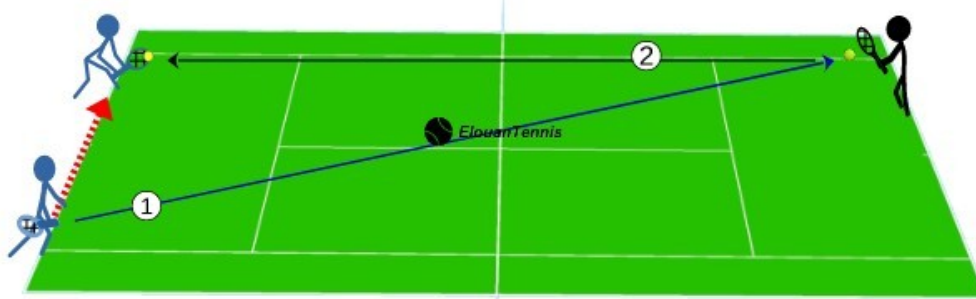


Practice handing a backhand that arrives long line

Category(s):	Regularity
Level:	Yellow ball - Confirmed
Duration :	10 min
Materials:	Plots, Ball machine



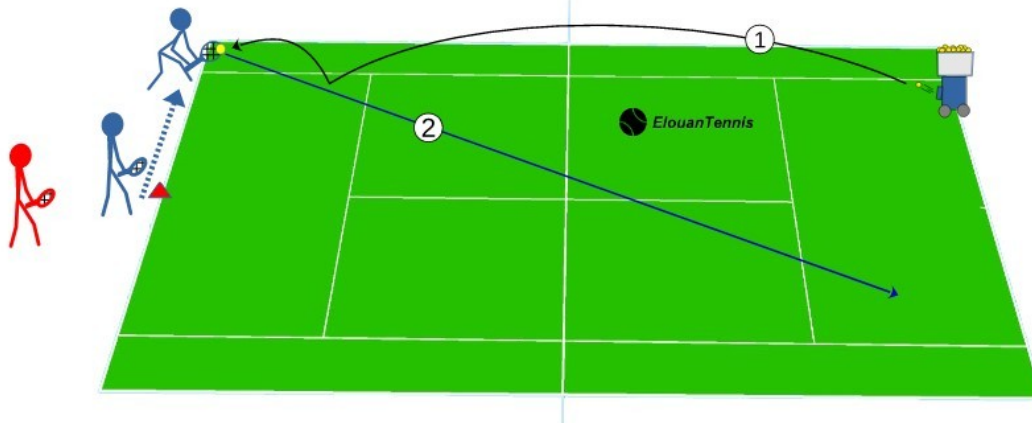
The aim of this exercise is to simulate the situation in which the player after playing a long cross forehand must return a long line backhand that his opponent has made to him.

It is a difficult situation which corresponds to a classic strategy of opponents: Play on the backhand (Generally the weak point)

- 1) I return a long crosscourt forehand.
- 2) The opponent returns me long line on my backhand

It is therefore a question of training in order to find an effective response to this situation.

Here is the exercise we set up with the ball machine.



- 1) Player 1 places himself a little to the right of the T (red triangle) as he would have been placed following a long cross forehand
- 2) The ball machine is placed on the right side of the course, it sends a ball long line
- 3) As soon as the machine throws the ball, the player must run on his backhand to put it back.
- 4) the player returns to the red triangle and we start again

This exercise can be done alone or with others as shown in the diagram (rotation between player 1 and player 2). Simply adjust the sending frequency of the ball machine



Elouan Tennis Drill Maker (ETDM)
Software for creating & editing tennis exercises



<https://elouan-tennis.com>