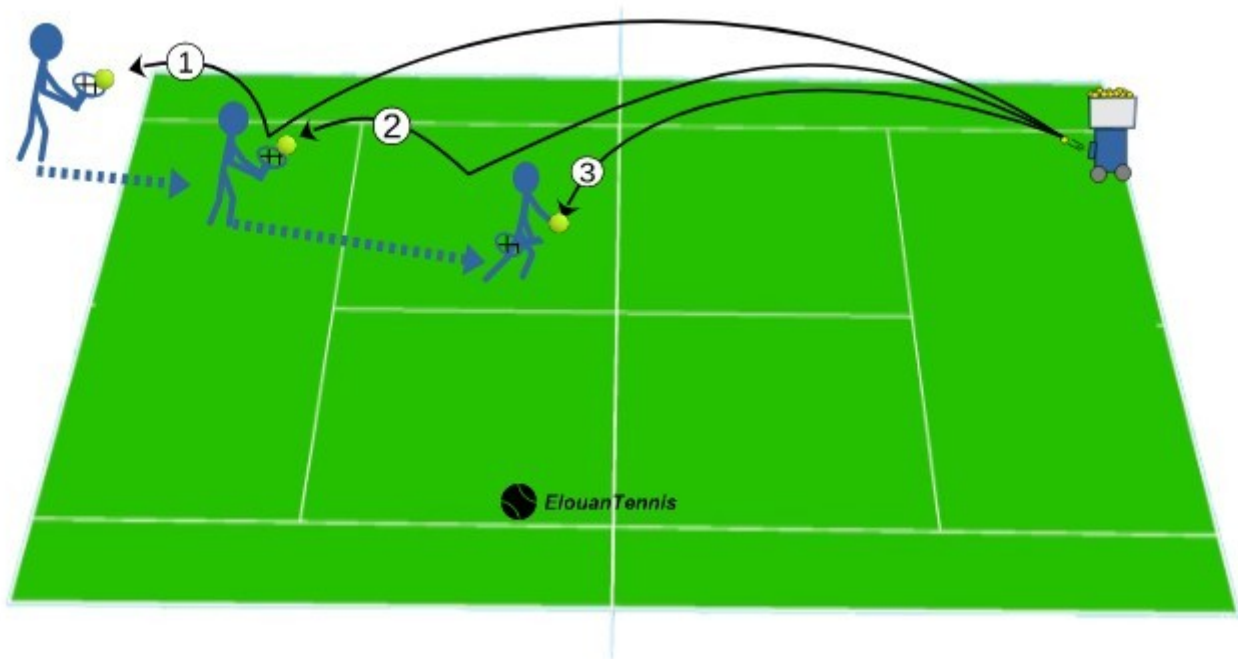


Tennis drill : Attack with a backhand

Category(s):	attack, repetition
Level:	Yellow ball - Intermediate
Duration :	15 min
Materials:	Ball machine



With this exercise I practice attacking a favorable ball with my backhand.

- 1) ball machine sends a first long ball to my backhand, I return it (preferably crossed) (construction)
- 2) the ball machine sends a second, slightly shorter ball to my backhand: I enter the court and attack this ball (the attack)
- 3) I continue with my ball to get to the net, the ball machine sends me a third ball which I will negotiate on the fly (the finish)

NB: the ideal is to take turns to perform this exercise in pairs.



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



<https://elouan-tennis.com>