

Tennis drill : I react to a drop shot on my backhand

Category(s):	drop shot, lob, tactical
Level:	Yellow ball - Intermediate, Confirmed
Duration :	5 min
Materials:	-

In this case I am player no. 2 on the picture

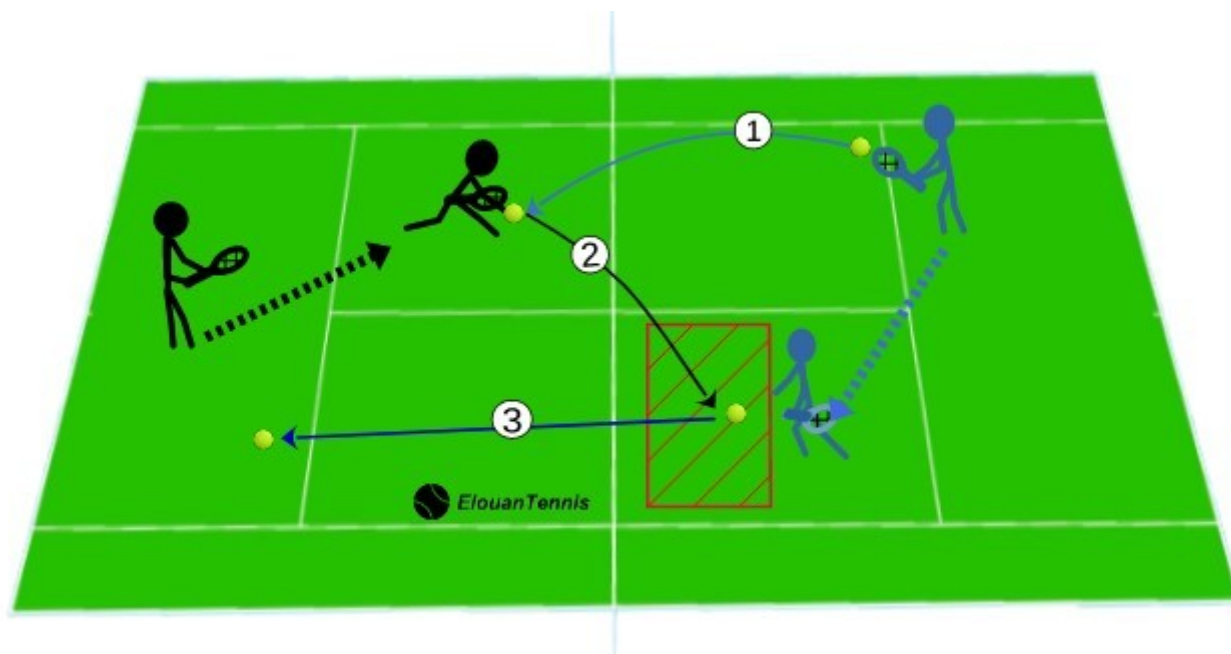
1) Situation :

My opponent gives me a drop shot on my backhand and positions himself to block the angles, I have time to catch the ball...

The choice to avoid (in my opinion):

2) I run and return the ball by giving him a "crosscourt counter-drop" on his backhand (red zone on the picture).

We often tend to put ourselves back in this red zone, there is a fun side to playing this shot and a spectacular side too. Sometimes it can even be " a winner", but it is a risky choice because (3) **often the opponent has time to take the ball, we have opened the field for him, he just has to place the ball long line to finish the point.**

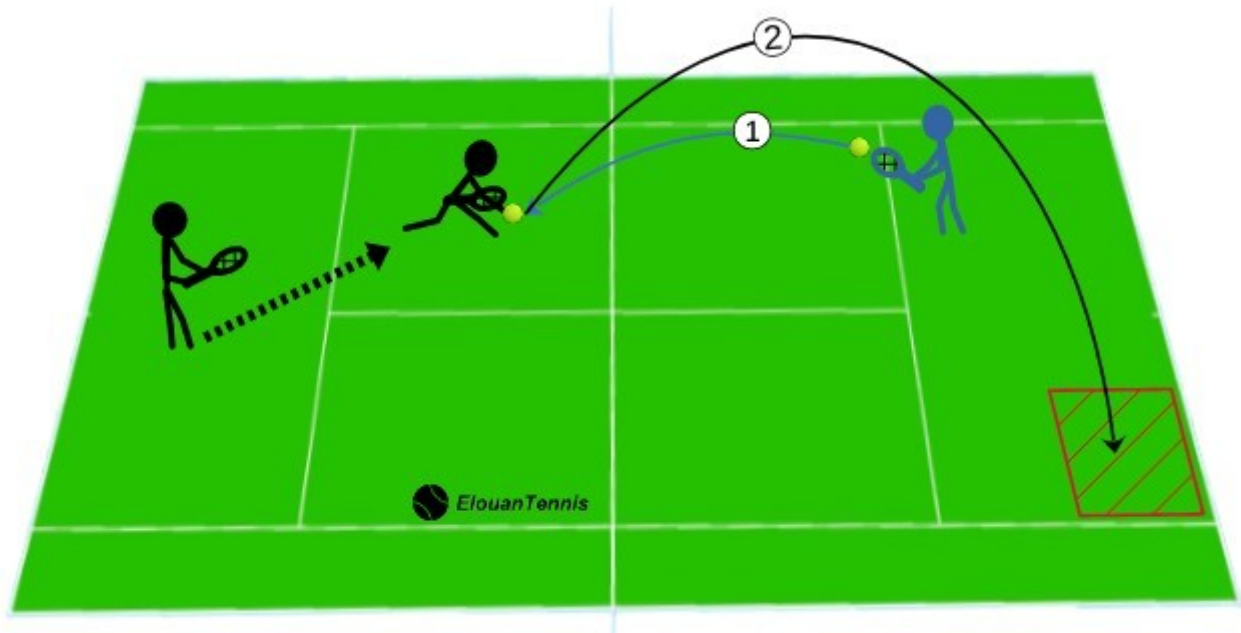


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2) I run and return the ball by lobbing it diagonally.



Lobbing the opponent will put him in great difficulty and he will probably not return the ball. I chose to lob it diagonally to ensure I had a good length of land.



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