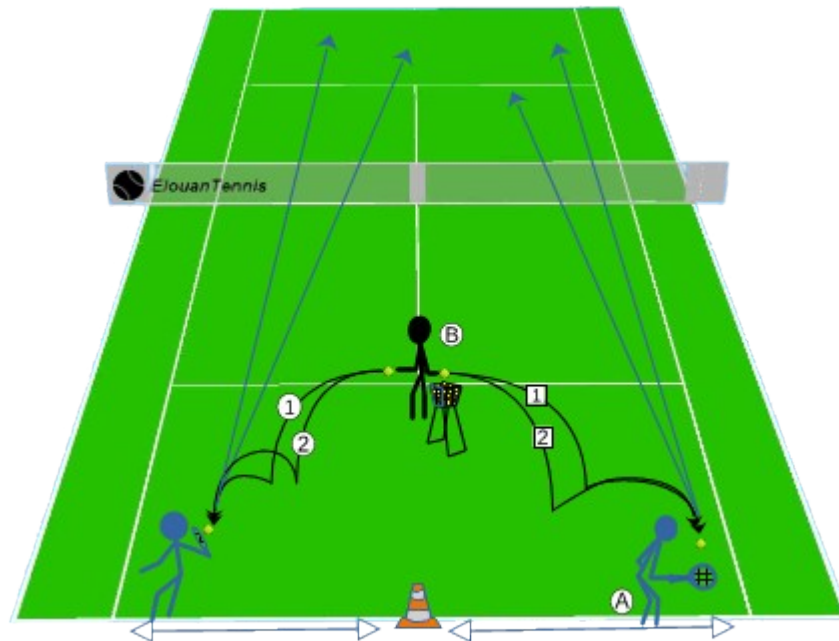


2 forehands & 2 backhands

Category(s):	regularity
Level:	Yellow ball - Intermediate
Duration :	10 min
Materials:	Plots, basket of balls



Hi friends

Working on consistency on the forehand and backhand is the key to many match victories...
Let it be said in the 4th series and even in the 3rd series if you are consistent and you hold your rally well you will win matches.

Here is an exercise to train you to gain precision and consistency on your forehand and backhand.

Description and purpose of the exercise:

The coach successively sends 2 balls to the player's right side.
The player runs towards the ball to return the ball with a kick and returns to the cone in the middle of the baseline before the coach gives the next ball.
Afterwards, the coach successively sends 2 balls to the left side of the player, and the latter must do the same thing but with a backhand.



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



<https://elouan-tennis.com>