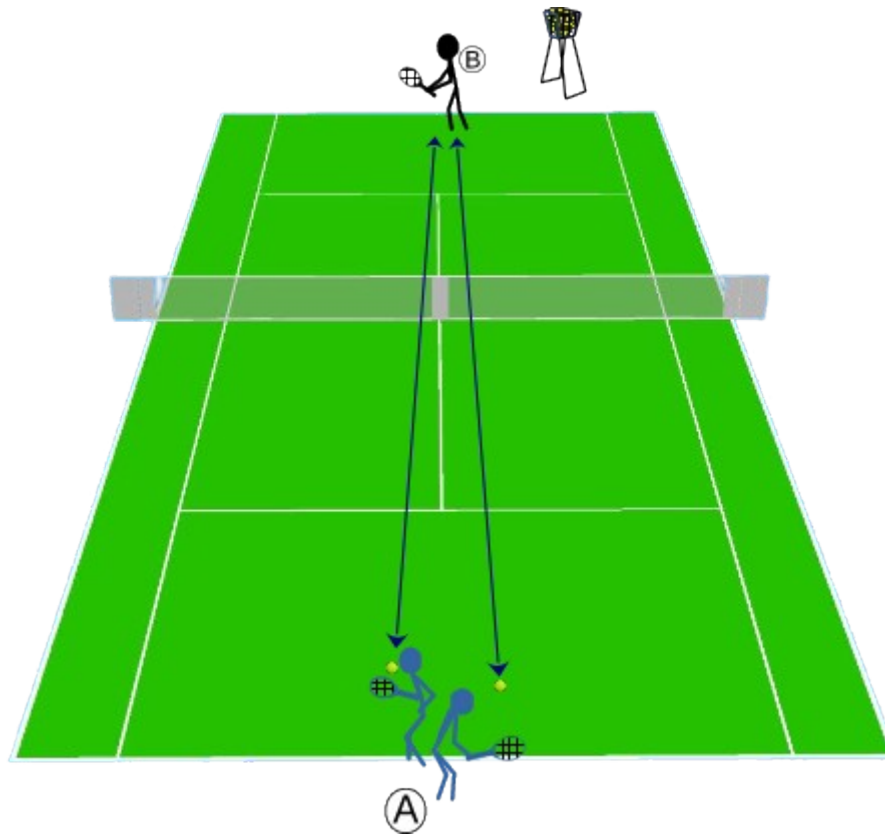


Alternating forehand and backhand

Category(s):	Anticipation, intensity, regularity, replacement
Level:	Yellow ball – Intermediate
Duration :	1 min
Materials:	Plots, basket of balls



Hi friends

Here is a very good rhythmic exercise which will help us to position ourselves well to hit forehands and backhands. This exercise will notably help us to adjust our placement, and make us work on our legs.

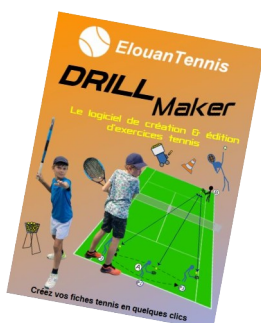
My partner or coach sends balls to the center.

I return the first ball with a forehand

My coach or partner returns the same ball to the center

This time I turn it over with my backhand

And so on...



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



<https://elouan-tennis.com>