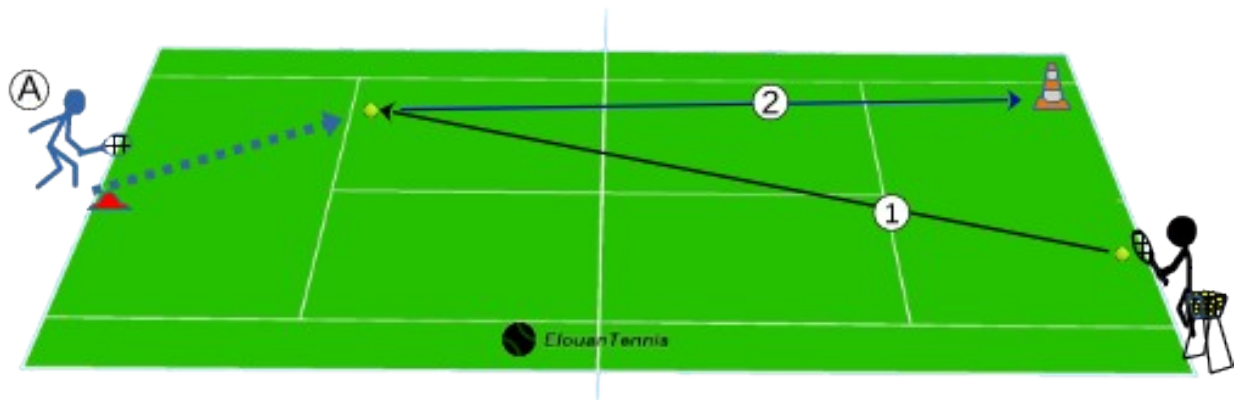


Attack on a backhand - play long line

Category(s):	Area, attack, Précision
Level:	Yellow ball - Intermediate
Duration :	15 min
Materials:	Plots, basket of balls



Hi friends

Here is a simple exercise that reproduces the common situation where we have the opportunity to enter the court to attack a ball on our backhand.

Tactically speaking, if it looks good, the ideal in this kind of situation is to attack long line... (It's theoretical, mathematical tennis)... but returning long line is not the best move. easier to do in this type of situation because:

- 1) The distance traveled by the ball is shorter and so we need to be more precise.
- 2) The net is close to us at the time of the shot and it is higher

So you have to work on your shot well to increase your success percentage on this shot. This is the goal of this exercise.

Progress of the exercise :

The coach armed with his basket provides us with a rather favorable ball on our backhand
We start from the red block and we are going to attack this ball by trying to return it long line.



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



<https://elouan-tennis.com>