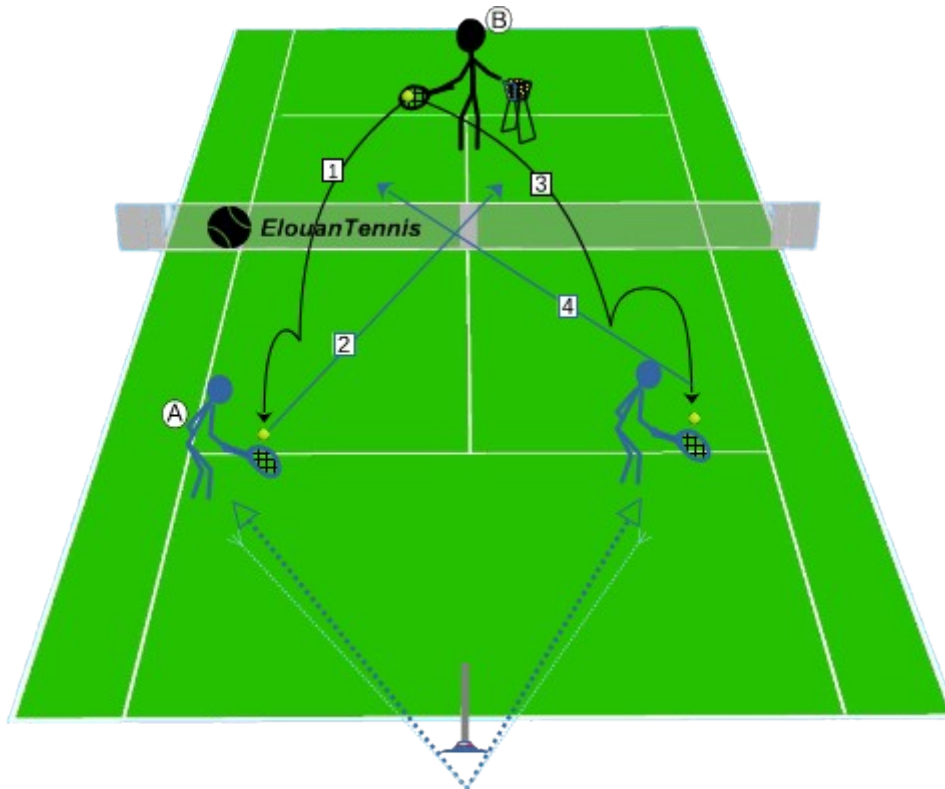


## Attack on the forehand side then on the backhand side diagonally

|              |  |
|--------------|--|
| Category(s): | attack, cardio, intensity, repetition, replacement |
| Level:       | Yellow ball - Intermediate                         |
| Duration :   | 5 min  |
| Materials:   | Plots, basket of balls                             |



Hi friends

Here is an interesting exercise to repeat attack sequences on the forehand and backhand sides.

- We place a plot
- Our coach sends us a favorable ball that we will attack on the forehand side diagonally
- Then we will go around the plot
- Then our coach sends us a favorable ball on the backhand side which we will attack diagonally

And so on...

Be careful however, from a tactical point of view attacking diagonally while being advanced in the field can open up angles for the opponent... sometimes the long line will be a better option, but this is felt at the present moment on the ground.



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



<https://elouan-tennis.com>