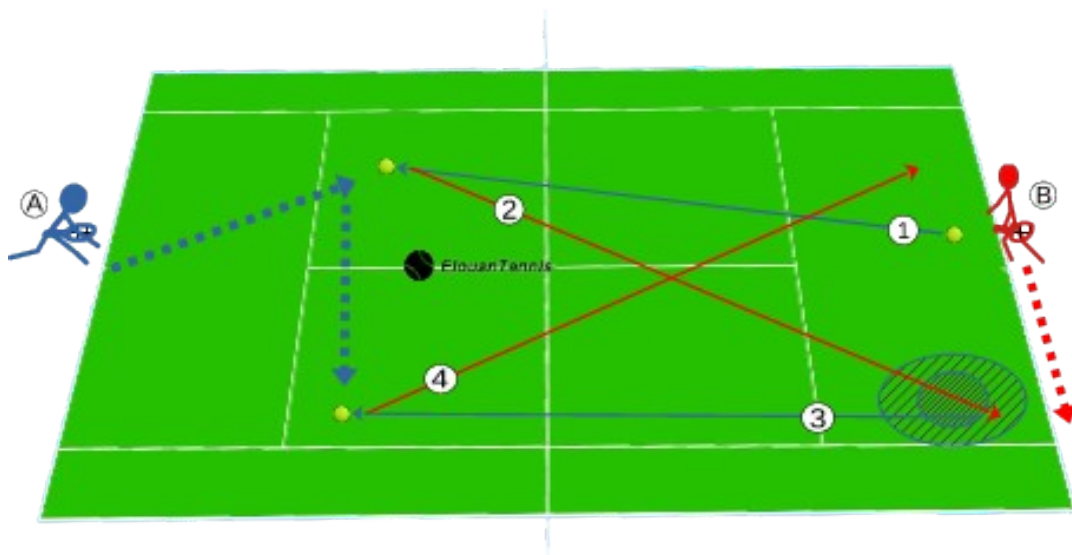


Backhand attack, passing and volley

Category(s):	Area, attack, Précision
Level:	Yellow ball - Intermediate
Duration :	10 min
Materials:	plots



Hi friends

Exercise for 2 players aimed at making us work on backhand attack, backhand passing and volleying.

- 1) Player B engages the spoon on my backhand with a short ball favorable to an attack.
- 2) Player A enters the court and attacks crosswise (on the opponent's backhand (if he is right-handed))
- 3) Player B will defend by attempting long line passing
- 4) Player A attempts the forehand volley finish

And if the ball is still in play, the point continues freely.

As you can see, it is a fairly complete exercise which requires rhythm and precision from the player.

It's up to you guys!!



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



<https://elouan-tennis.com>