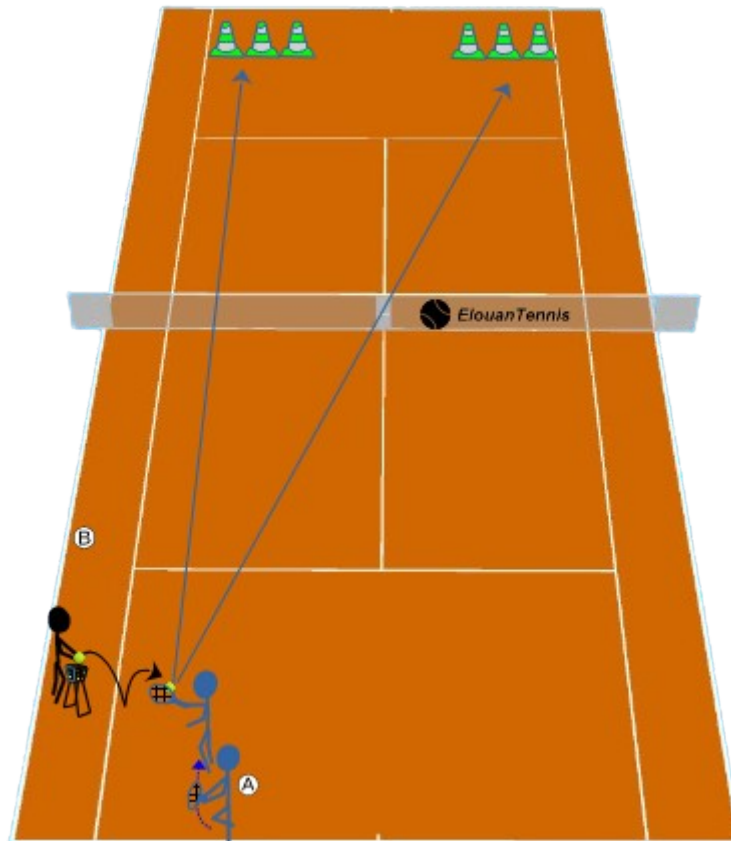


## Backhand chop exercise on one foot

Category(s):	Agility
Level:	Yellow ball - Intermediate
Duration :	1 min
Materials:	Plots, basket of balls



Hi friends

An exercise that allows you to improve your technique for doing a backhand chop/cut

The player stands hopping on his right foot

The coach sends the ball

The player hits it and finishes his gesture by jumping forward to land on his left foot.



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



<https://elouan-tennis.com>