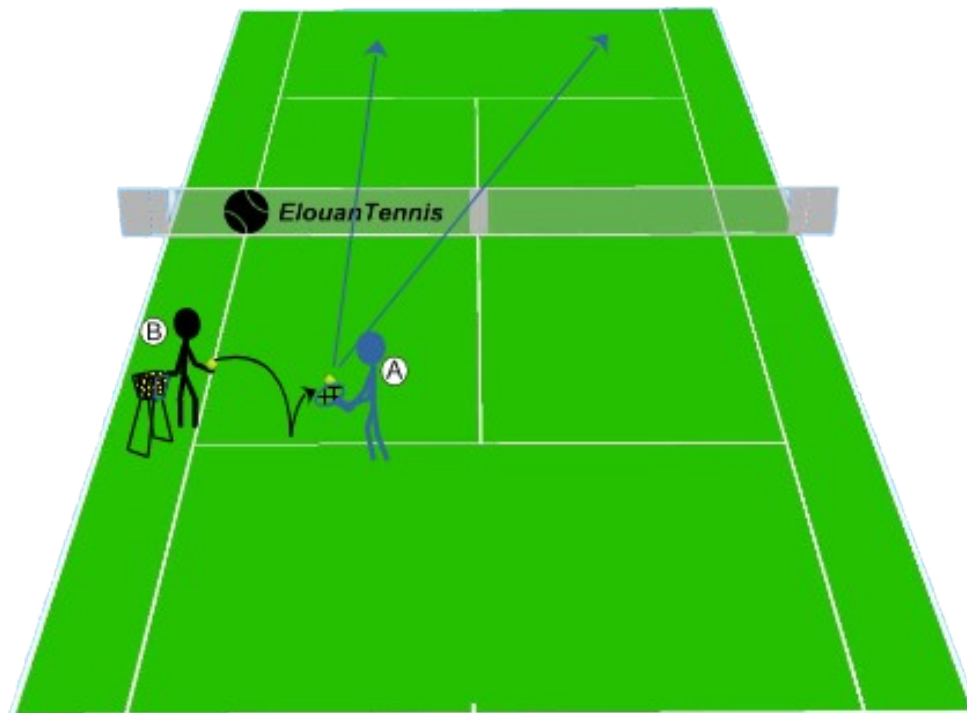


Backhand from the service square

Category(s):	repetition
Level:	Yellow ball - Intermediate
Duration :	10 min
Materials:	basket of balls



Hi

An exercise that may seem simple but returning a ball when we are advanced in the field requires a particular dosage of our shot...

Description and purpose of the exercise:

The coach sends a series of balls that player A must return with a backhand.



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



<https://elouan-tennis.com>