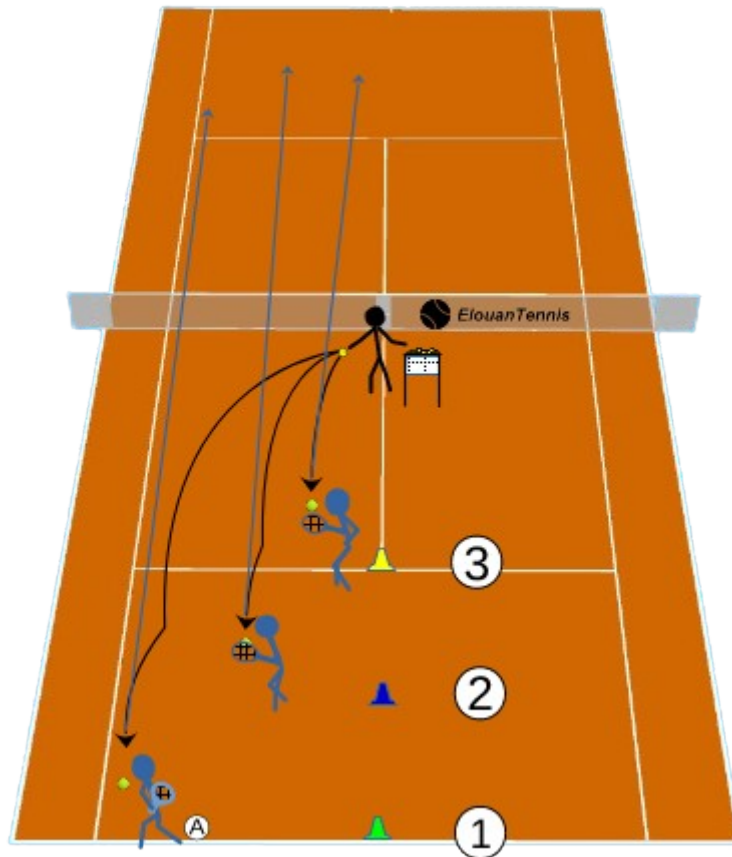


## Backhand sequence: Construction, attack, finish

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



Hi friends

An exercise to work on the backhand and placement in the depth of the court.

- 1) The coach on the basket balls, sends a first ball which we will hit at the back of the course (We are in a construction phase)
- 2) Then a second ball that we will hit (at the blue stud) when entering the field: it will be an attack ball
- 3) Then a third ball: this time we will negotiate it on the volley / approach volley (Finishing Phase)



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



<https://elouan-tennis.com>