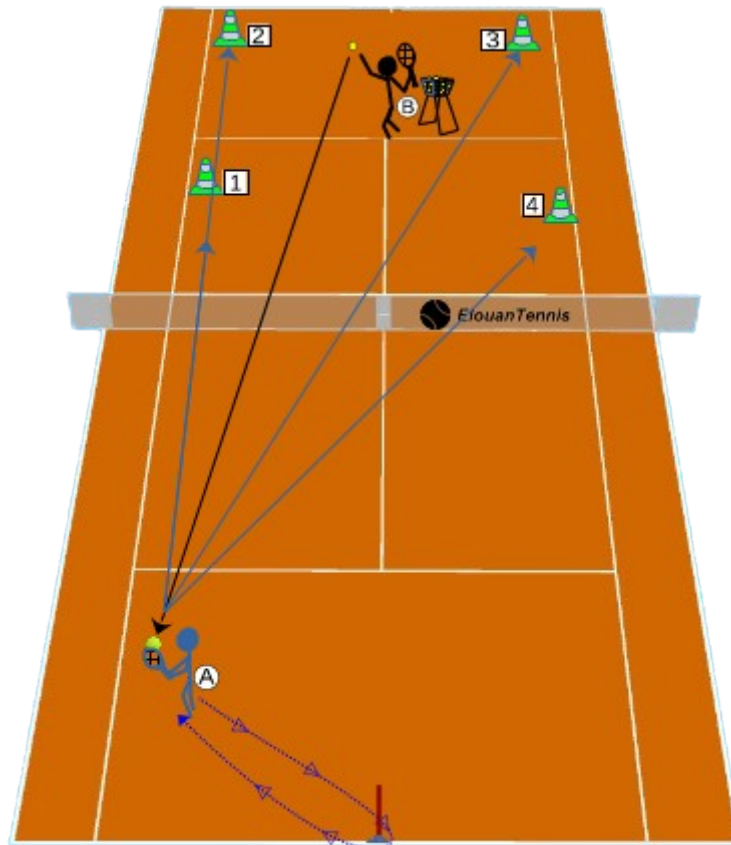


Backhand : target areas in a specific order

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



Hi friends

Here is a very complete backhand exercise, which will allow you to sharpen your playing intention and gain precision.

Description and purpose of the exercise:

Aim for the cones in order with a backhand topspin.

Target 1 target 2 target 3 target 4

Player A must go around the cone between each shot.

Simple but effective



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



<https://elouan-tennis.com>