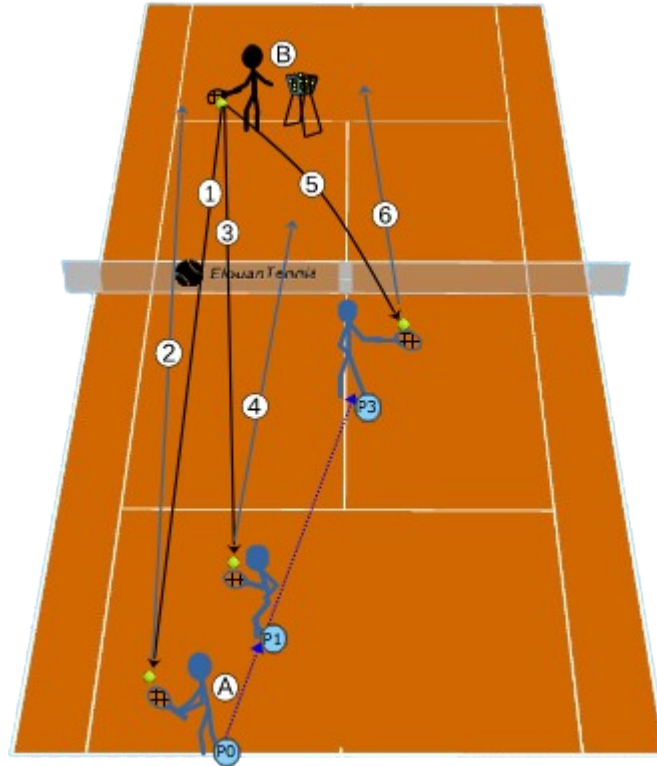


Backhand: volley attack construction

Category(s):	attack
Level:	Yellow ball – Intermediate
Duration :	1 min
Materials:	basket of balls



Hi friends

Good backhand exercise to work on construction balls, attack or approach balls and finishing on the volley.

With your basket coach you will be able to work on your backhand in all areas of the game

- Position 0: coach sends me a ball deep on my backhand and I return it
- Position 1: coach sends me a favorable ball a little shorter, I enter the court and I return a backhand shot with aggressive intention (I attack) and I follow my ball to position number 3
- Position 3: a volley: my coach sends me a ball on the volley I negotiate it.....And we start again



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



<https://elouan-tennis.com>