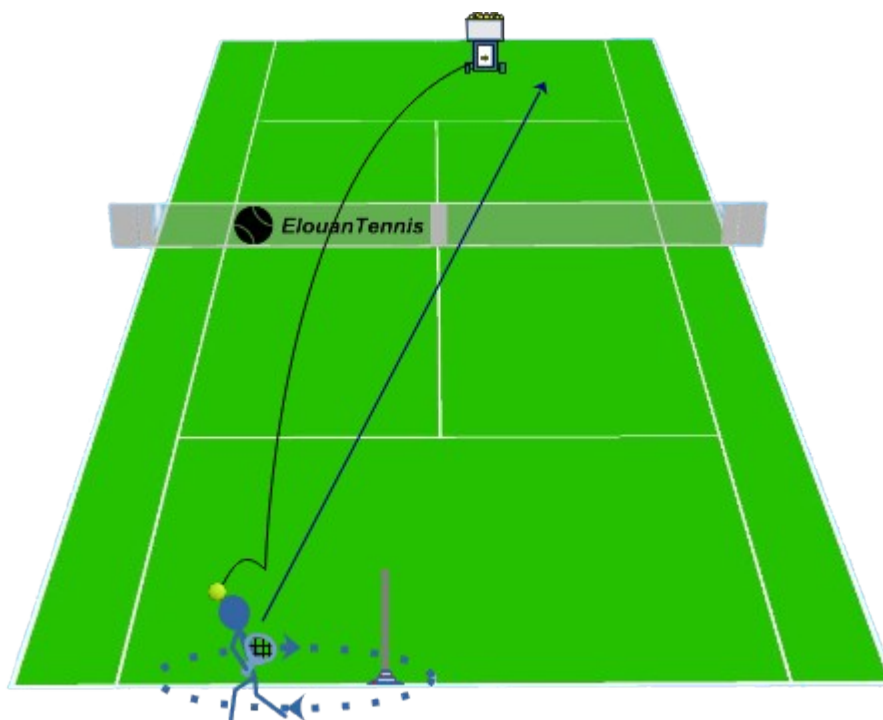


## Ball machine - practice defensive backhand

Category(s):	defense
Level:	Yellow ball - Intermediate
Duration :	10 min
Materials:	Plots, Ball machine



Hi friends

As I write this article, the defensive backhand is not my strongest point. Indeed, returning these balls which arrive on the backhand, which are quite long, and which bounce rather high are never easy to negotiate.

- With the ball machine I train on this type of ball.
- I set the ball machine so that it sends a backhand with a rounded topspin trajectory.
- adjust the frequency so that it gives me time to reposition myself and come back to strike
- I place a plot on the ground a little to the left of the service T
- I hit the backhand, I come back to do a lap of the plot

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



<https://elouan-tennis.com>