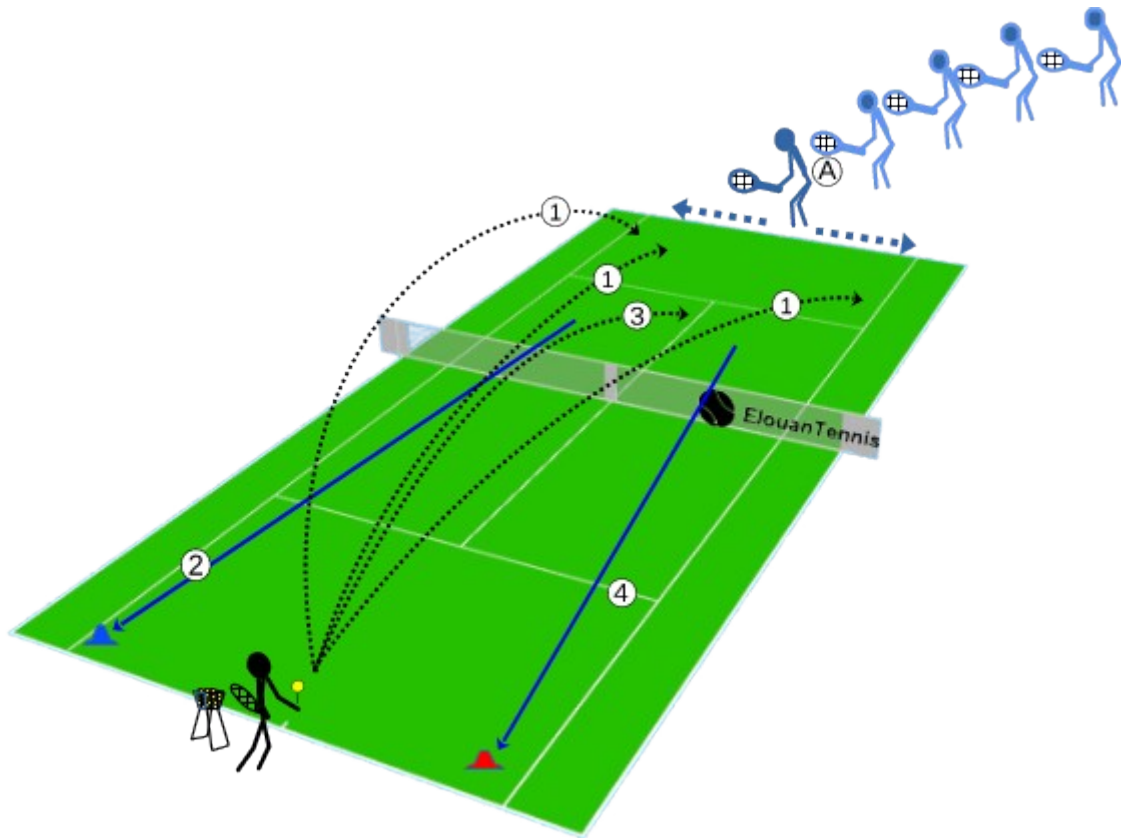


Collective: Backhand? or Forehand?

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



Hi friends

A little exercise that can be worked on in a group class to work on reactivity as well as the backhand and forehand.

- 1) The coach, with the ball basket, sends a first ball either on the backhand, or on the forehand, a tight or bell ball...
- 2) The player must be reactive and return this first ball while aiming at the blue stud. (opponent's back side)
- 3) The coach then sends a second ball to the center and rather short
- 4) The player must enter the field to hit this second ball. Up to you !!



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



<https://elouan-tennis.com>