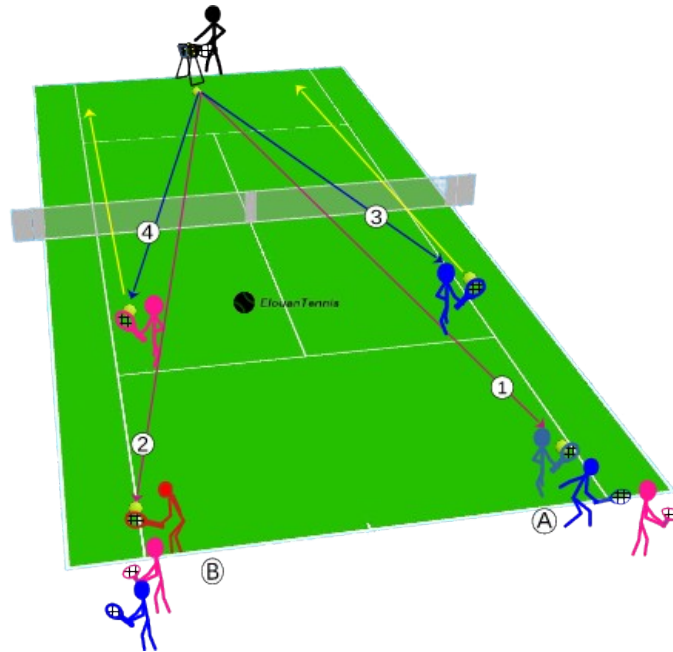


Collective lesson exercise - Long line forehand and backhand

Category(s):	Area, attack, Précision
Level:	Yellow ball - Intermediate
Duration :	5 min
Materials:	basket of balls



Hi friends

Today, I am offering you an exercise that can be practiced with 2 to 6 (or even 8 players) as part of a group lesson.

The exercise allows for variation on the forehand and backhand.

Organization of the exercise:

The players are divided into 2 groups:

- Group 1 on the forehand
- Group 2 on the reverse

The coach armed with his ball basket will distribute alternately:

- 1) a long ball on the forehand side
- 2) A long ball on the backhand side
- 3) A ball runs on the forehand side
- 4) A short ball on the backhand side

Each player in group A will hit 2 balls: One long, one short with the forehand.

Each player in group B will hit 2 balls: One long, one short with the backhand

At the end of the basket, we reverse the 2 groups so that all players do backhand and forehand.



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



<https://elouan-tennis.com>