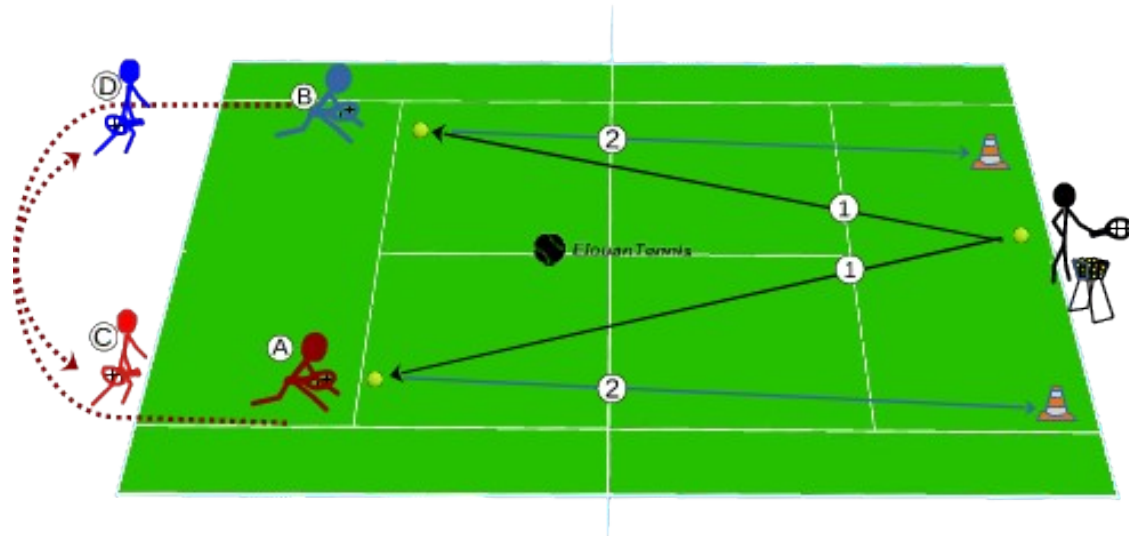


## Collective lesson exercise – Alternating forehand and backhand

Category(s):	Collective, regularity, répétition
Level:	Yellow ball - Intermediate
Duration :	10 min
Materials:	Plots, basket of balls



Hi friends

In this exercise intended for a group lesson with at least 4 players, each player will be able to alternate a forehand then a backhand.

### Organization of the exercise:

The four players are divided into two groups, one lines up on the forehand, the other lines up on the backhand

1) The coach with the ball basket alternates balls on the forehand and backhand

2) Each player hits a ball then goes around behind, swapping lines

As a bonus: two cones can be installed on the pitch as targets for players. (play long line, or play cross...)

Good session guys!



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



<https://elouan-tennis.com>