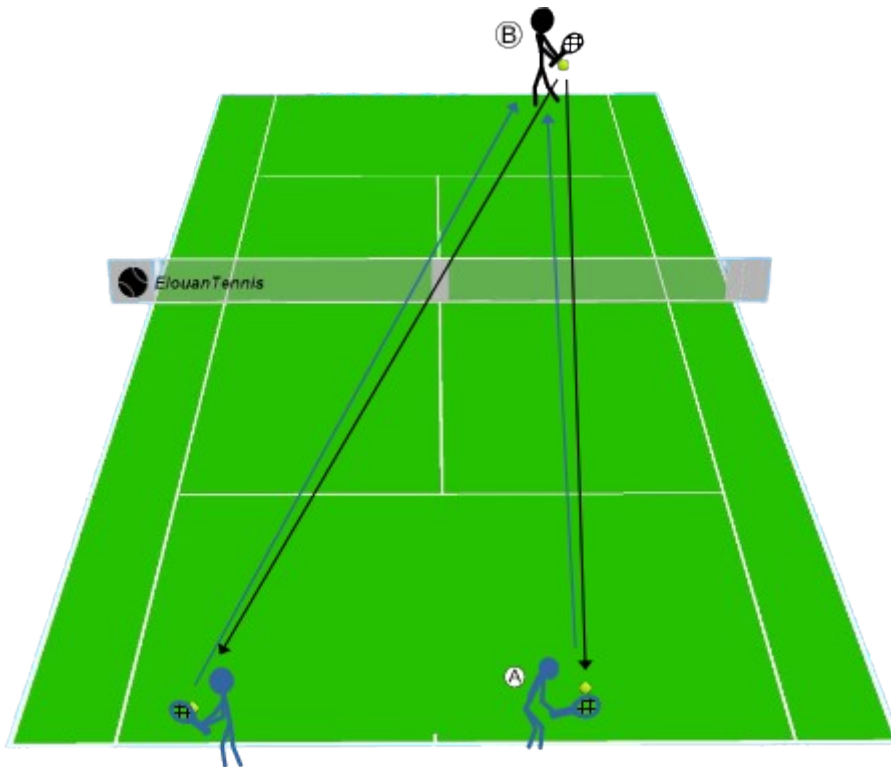


## Find length and vary the Forehand & Backhand zones

Category(s):	Precision, regularity, Area
Level:	Yellow ball - Intermediate
Duration :	10 min
Materials:	-



Hi friends

Here is an exercise, basic but very good for the two players who practice it because it will allow you to work on targeting areas in the backhand but also on movement, regularity and precision.

### Description and purpose of the exercise:

- Player A must alternate forehand and backhand and target player B
- Player B must only do backhands.



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



<https://elouan-tennis.com>