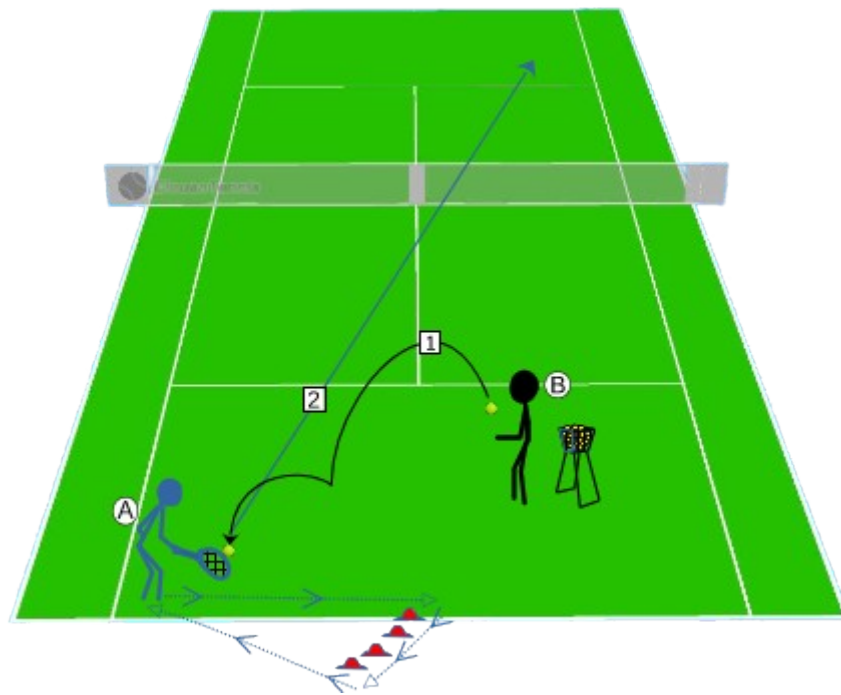


Forehand offset

Category(s):	Forehand offset
Level:	Yellow ball – Intermediate
Duration :	1 min
Materials:	Plots, basket of balls



Hi friends

The forehand offset is a good weapon for placing hits on your strong shot (generally the forehand)
Here is an exercise that allows you to practice doing forehand shifts.

The partner or coach sends a ball (backhand side)

The player shifts and performs a forehand strike (forehand shift.)

Then the player returns to the center by taking shuffled steps, then goes around the blocks and starts again.



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



<https://elouan-tennis.com>