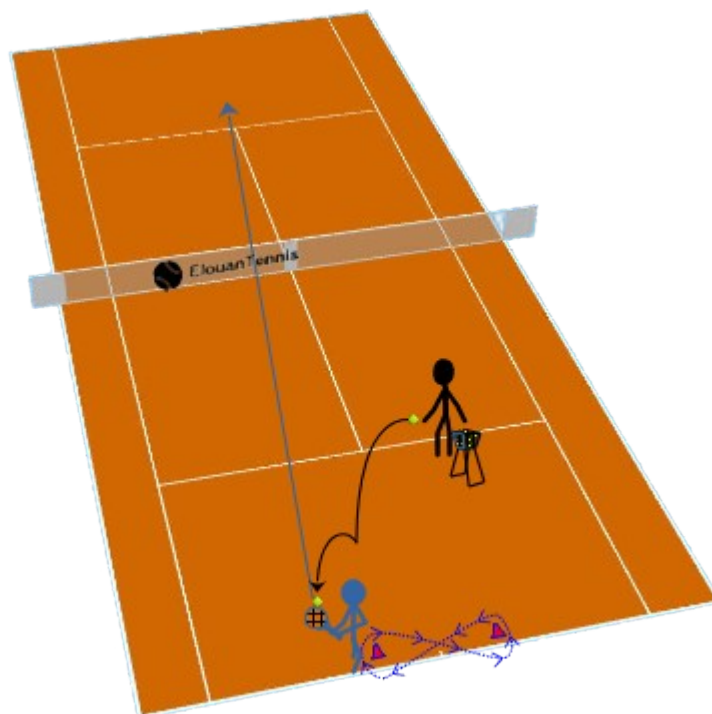


Hit a backhand and make an 8 around the plot

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



Hi friends

Here is an exercise to practice the backhand, while working on your footwork.

At the material level we need two studs which will be placed on one side and the other of the service T

- Hand coach throws a ball from the basket to my backhand
- I hit the ball while moving forward in the field
- I pass between the blocks and make an 8
- Come back and hit the next ball

It's up to you, friends



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



<https://elouan-tennis.com>