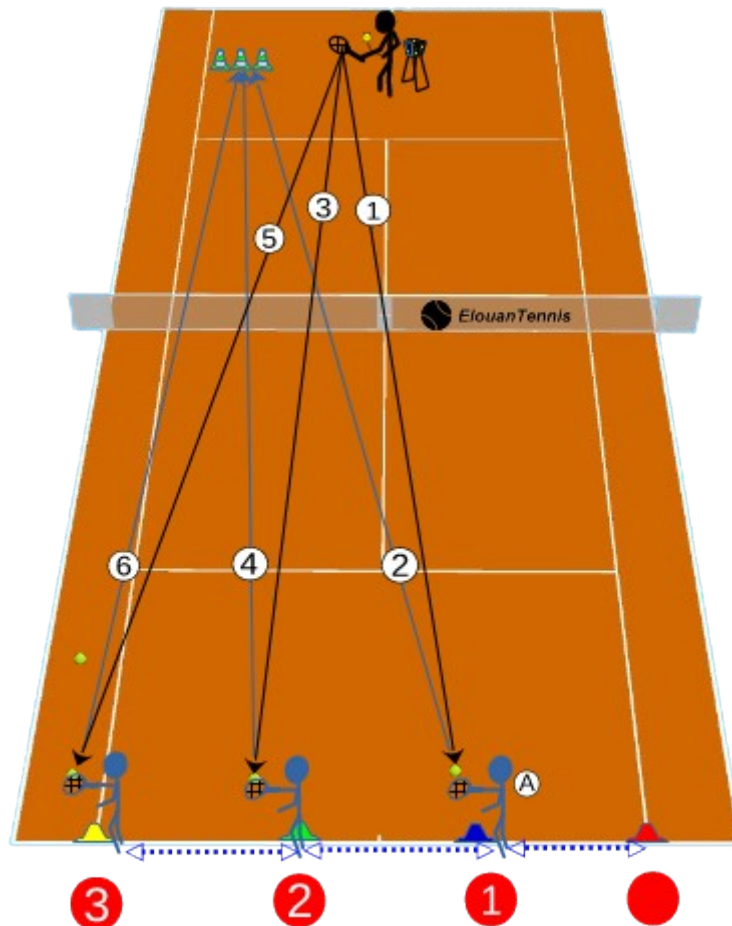


## Hit your backhand from multiple positions and target forehand

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



Hi friends,

Knowing how to hit a backhand from anywhere on the court while targeting an area. This exercise allows you to work in this direction you will be able to hit backhands from several positions at the bottom of the course.

### Description and purpose of the exercise:

The coach throws a ball to player A starting at the outermost cone. Player A must return each ball with a backhand topspin and must advance on a cone to his left.

The player must target the cones corresponding to the opponent's forehand part (right-handed opponent).



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



<https://elouan-tennis.com>