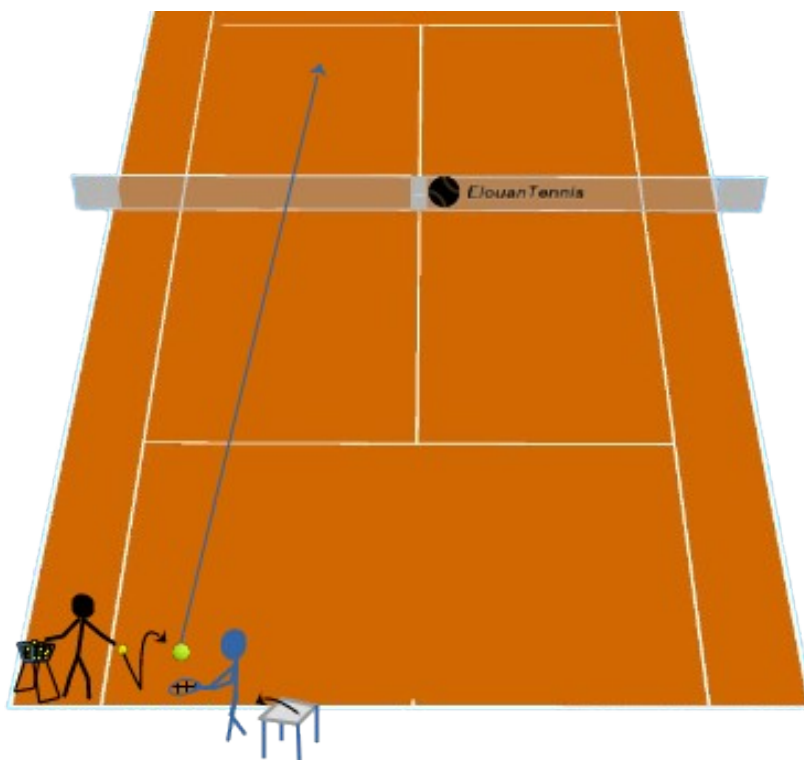


Hitting a backhand while sitting on a stool

Category(s):	Precision
Level:	Yellow ball - Intermediate
Duration :	5 min
Materials:	basket of balls



Hi friends

we will often tell you in training: “lower on your legs...”

When we play we think that we are always very low on our legs but in truth we are very often not low enough... A little tip, film yourself, you will see it's surprising...

Here is a backhand exercise to force us to be lower on our legs.

The idea is to repeat it often enough so that our body somehow gets used to it and it becomes automatic.

The player sits on a stool and begins to prepare his move while remaining seated.
Then he pushes on his legs to finish the strike.



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



<https://elouan-tennis.com>