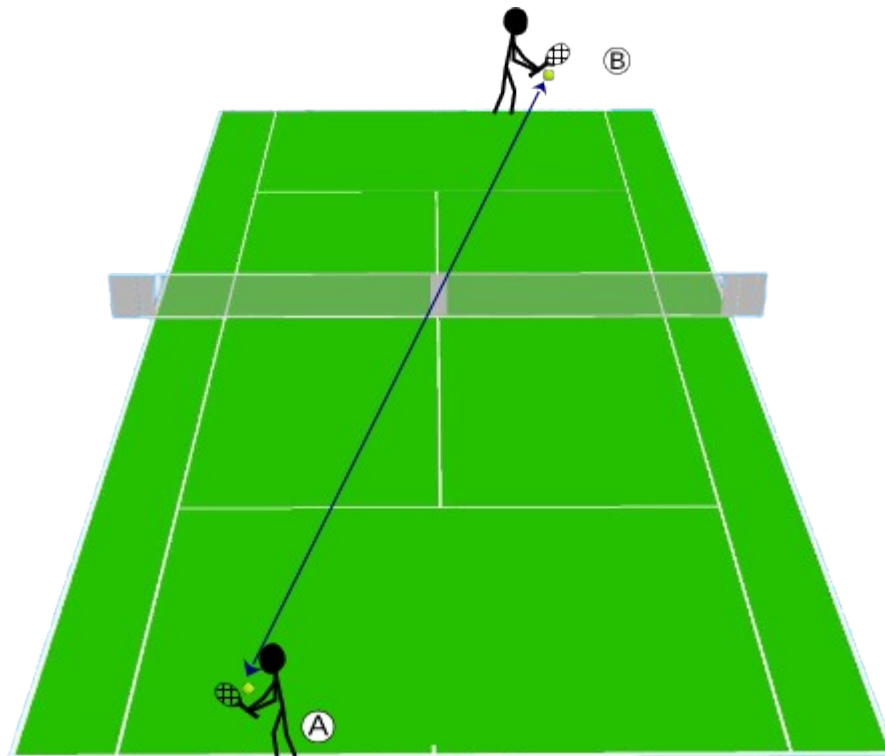


Hold the diagonal in backhand

| | |
|--------------|----------------------------|
| Category(s): | regularity |
| Level: | Yellow ball – Intermediate |
| Duration : | 1 min |
| Materials: | - |



Hi friends

Very simple but effective classic exercises: hold the diagonal in reverse.

With a partner we simply exchange on the backhand, diagonally... make as many exchanges as possible in partner mode of course (we are not trying to score the point but rather to hold the exchange)

It's a difficult exercise when you don't have a good backhand, but it's also a very useful exercise which will allow us to better and better hold this diagonal backhand...

Tennis is a question of perseverance, friends, and this exercise is one of the typical exercises that may not be super pleasant at the beginning for those who haven't mastered the backhand... But afterwards it's super satisfying when you succeed.

It's up to you, friends



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



<https://elouan-tennis.com>