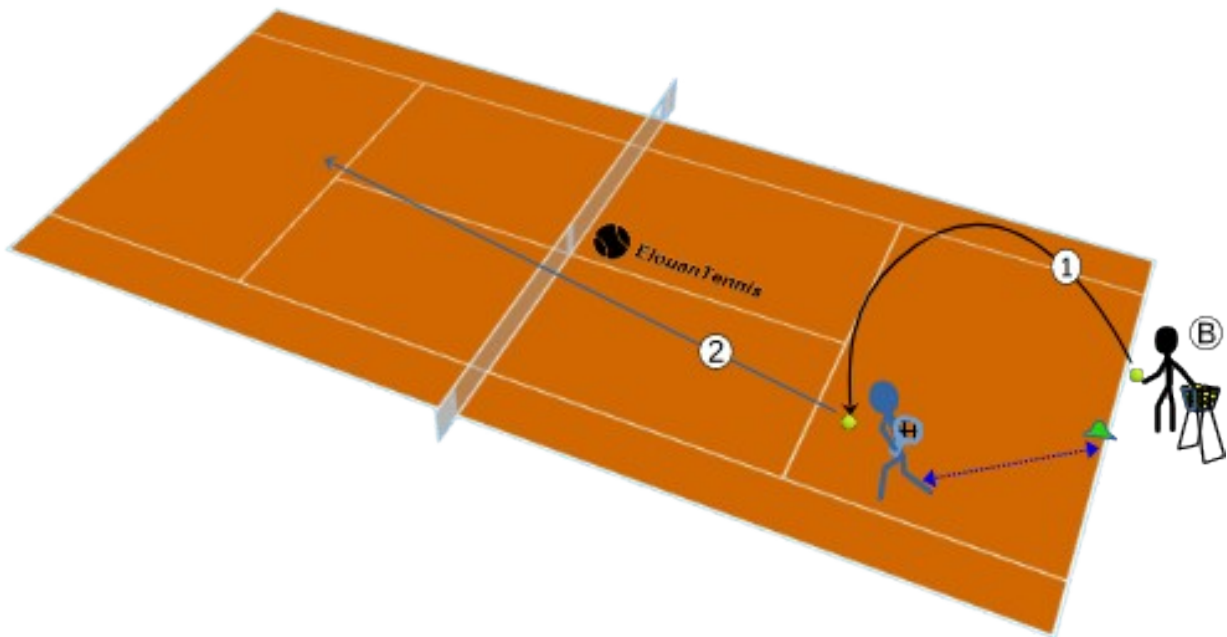


Lifted backhand typed “on volley”

| | |
|--------------|----------------------------|
| Category(s): | lift |
| Level: | Yellow ball – Intermediate |
| Duration : | 1 min |
| Materials: | basket of balls |



Hi friends

Here is a fairly hot little exercise, which will allow us to practice the backhand topspin by advancing into the ball.

Description and purpose of the exercise:

Play a backhand topspin hit “on volley” (without bounce) as you move forward. The balls are thrown by the coach from behind.



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



<https://elouan-tennis.com>