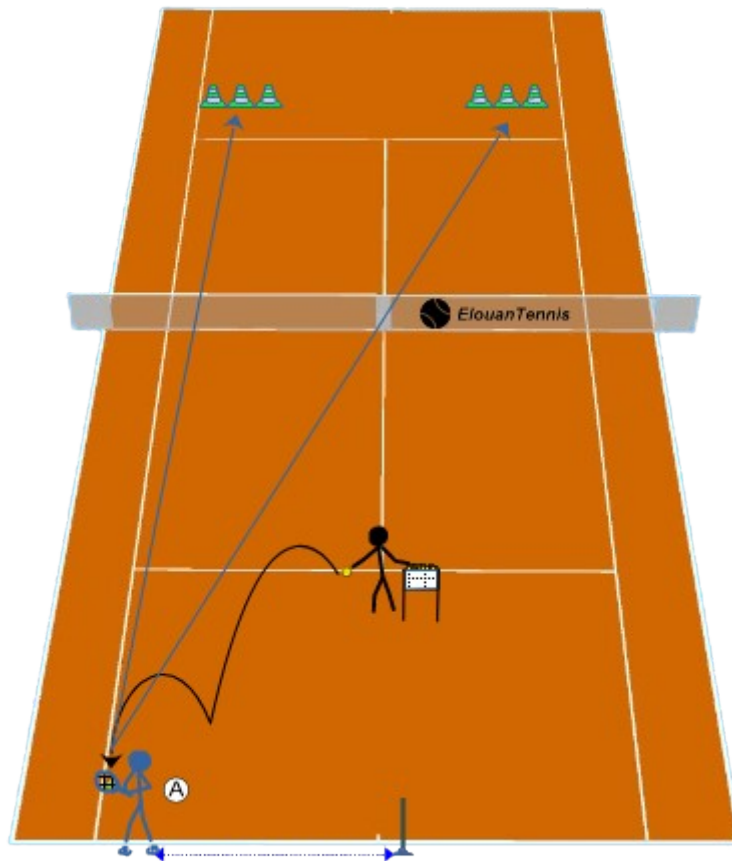


Open support on the backward

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



Hi friends

Hitting a backhand with the supports open is particularly used on the first return of serve when you lack time to turn quickly.

Here is an exercise that will help us in this situation

Player A must aim at the cones with a backhand, supports in open position, and he must return to the plot after each strike.



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



<https://elouan-tennis.com>