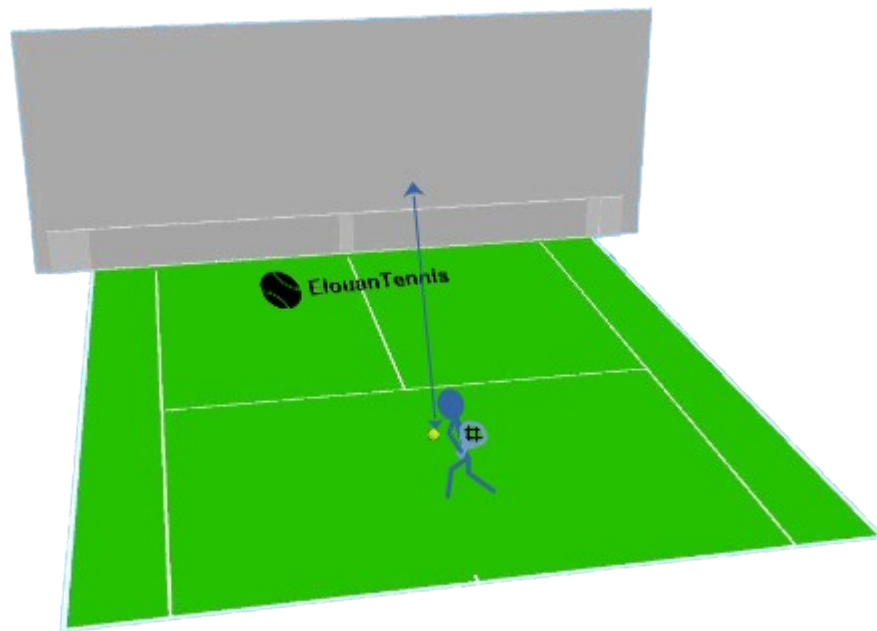


## Simple backhand to the wall

Category(s):	regularity
Level:	Yellow ball - Intermediate
Duration :	15 min
Materials:	-



Hi friends

This exercise is more of a reminder than anything else, if you have a wall in your club and you want to improve your backhand... don't hesitate to go and hit your backhand against the wall  
Repeating the gesture will only do you good

### A few tips :

- take advantage of the wall to think about your legs: lower your legs even if it means being almost in a sitting position
- also take advantage of the wall to think about your replacements... Move, be constantly in motion



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



<https://elouan-tennis.com>