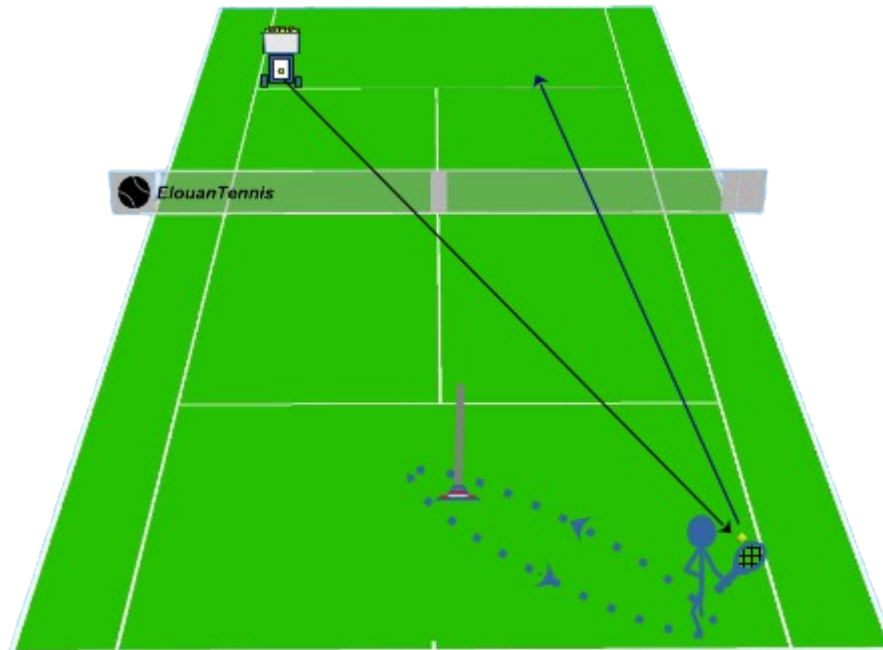


Tennis Drill - Backward Forehand

Category(s):	
Level:	Yellow ball – Intermediate
Duration :	1 min
Materials:	Plots, Ball machine



Hi friends

With this exercise, the ball machine will make you suffer... You certainly know like me how difficult it is to hit a forehand while going backwards...

You will be able to practice there with your ball machine and this little

Description and purpose of the exercise:

The player must go around the cone, backtrack and return the balls from the ball machine with straight shots.

And repeat the exercise.



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



<https://elouan-tennis.com>