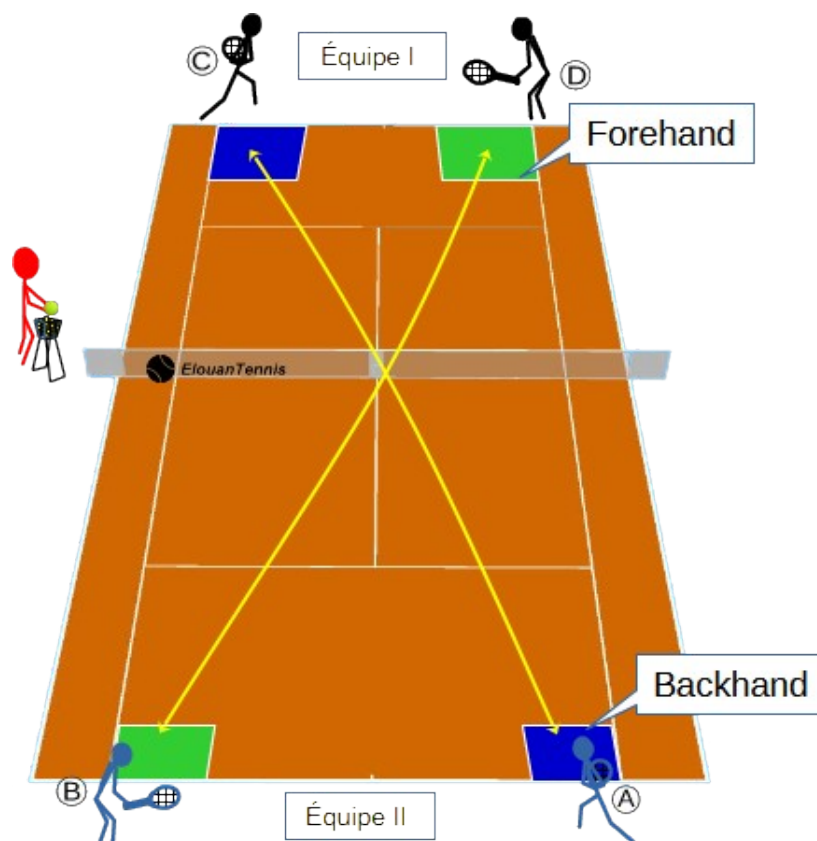


## Tennis game: Backhand and cross forehand

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



Hi friends :

The aim of this exercise is to practice forehands and crosshand backhands and gain consistency.

### Organization of the exercise:

15 point game

Players C and A exchange forehands on the court targeting zone 1 (Blue).

Players D and B exchange backhands on the court targeting zone 2 (green) at the same time.

A player earns a point if they reach the target area.

After 15 points, players 1 and 2, as well as A and B change roles.



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



<https://elouan-tennis.com>