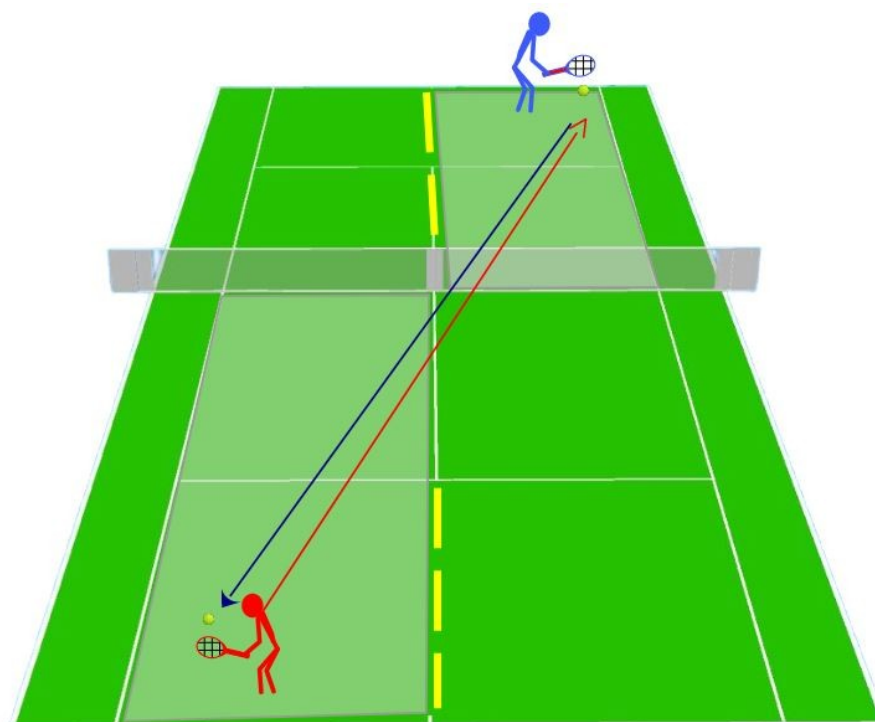


Tennis training - Diagonal backhand game

Catégorie(s) :	game, speed, replacement
Niveau :	Yellow ball – Intermediate
Durée :	1 min
Matériels :	-



Hi.

In tennis, hold your diagonal well and it's super important. This is particularly illustrated in doubles matches where we have to hold the diagonal until we find the fault or until we obtain the favorable ball. With this little exercise, both fun and useful, we will train ourselves on the one hand to hold the backhand diagonal and on the other hand to move well on the court.

Description and purpose of the exercise:

- 10 point game
- Players must play exclusively in backhand (If forehand, point lost).
- Players must play exclusively in the highlighted half courts.

By testing this exercise you will quickly notice that if you play towards the yellow dotted lines your opponent will be in difficulty and will tend to play with a forehand (although this is forbidden in this game). This is one of the benefits of the exercise, we must anticipate the trajectory and quickly position ourselves.



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



<https://elouan-tennis.com>