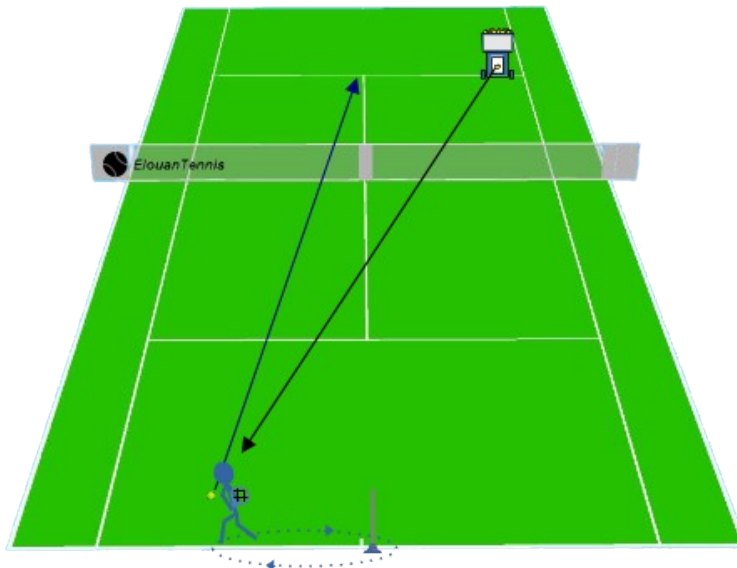


Work the backhand well with the ball machine

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



Hi friends

With a ball machine the good thing is that you can really work on repetition. But you have to be careful because there is still a fault with ball machines, which is that we often work exactly the same shot while forgetting certain things like moving, or by neglecting the place of origin of the ball

Here is a little exercise that I offer you with the ball machine to work the backhand correctly:

We already place the ball machine not in the middle of the field, but in the place where the player could be located to return a backhand.

Then we choose a trajectory for our backhand.

In terms of adjustment, we are good.

I also place a stud at the level of the serving tea.

During the exercise I will hit a backhand and I will return to the plane then return to hit a backhand.

The plot is important because it forces us to move, which already puts us a little more in difficulty, but in addition, in matches very often we are forced to move to hit a backhand, and the fault of a ball machine is precisely that we position ourselves where the machine is going to send us the ball and we hit without moving. In itself it's not bad as we repeat a gesture, but if we move we are more concrete.

It's your turn, fans of the ball machine



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



<https://elouan-tennis.com>