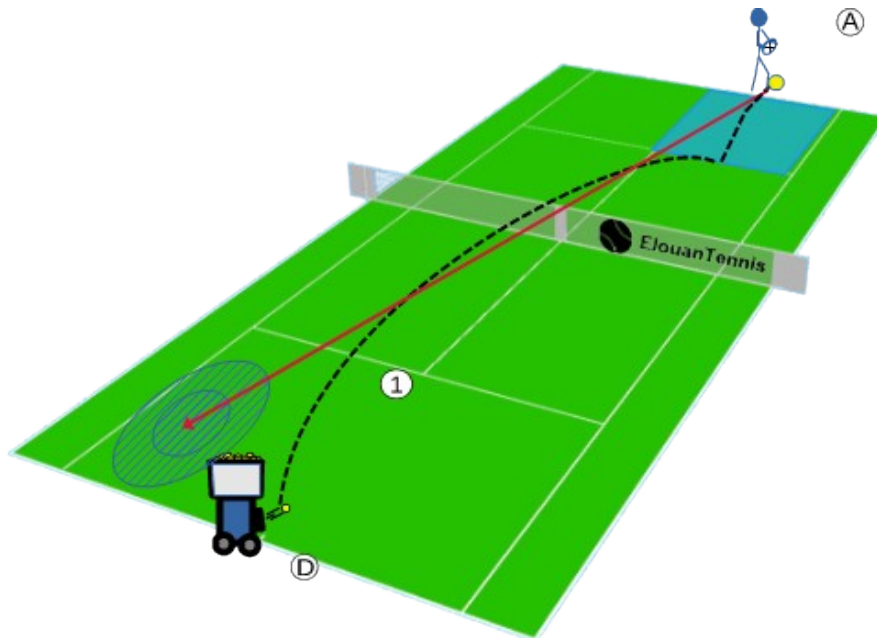


Backhand cut training with the ball machine

Category(s):	depth, touch of the ball
Level:	Yellow ball - Intermediate
Duration :	10 min
Materials:	Ball machine



Hi friends

To be a good tennis player, you have to know how to hit every shot.

The cut backhand is one of the shots that I use less than the regular backhand, because I tend to want to hit flat and with power.

However, I am training to master the cut backhand because it allows me to vary my game and it also allows me to adapt to certain playing situations.

With the ball machine, I did a very simple exercise in itself to practice repeating the gesture... It's a technical learning process.

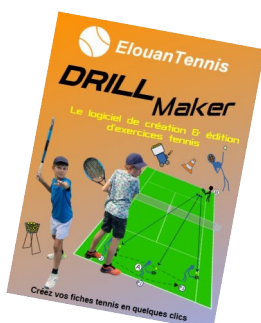
Organization of the exercise:

We set the ball machine so that it sends me a topspin ball on the backhand, a little high, but which poses no great difficulty.

I position myself and return the ball with a cut backhand, targeting diagonally and deep.

An exercise which may seem simple in itself, but which requires good mastery of the gesture.

It's very good to repeat it over and over again, even if it's a bit boring in the long run, it helps you acquire additional technical knowledge.



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



<https://elouan-tennis.com>