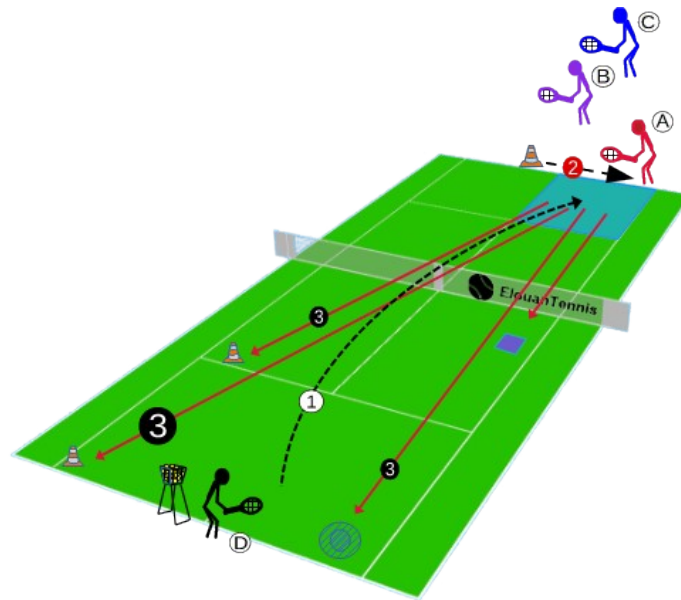


## Collective forehand shift training

Category(s):	construction, movement
Level:	Yellow ball - Intermediate
Duration :	15 min
Materials:	Plots, basket of balls



Hi friends.

If you don't know, forehand offset is when you receive a ball on your backhand and shift to hit it with your forehand.

Often we are more comfortable with the forehand than the backhand and when a ball gives us time to shift we like to turn around it to position ourselves for a forehand shot.

The advantage of this keystroke is that it allows us to type using our strong point.

The forehand offset also allows us to find angles that we would have more difficulty setting up on the backhand.

Be careful though, a forehand offset centers us off the court and opens up a lot of space for our opponent...

Here is an exercise to practice hitting forehand shift balls:

### Organization of the exercise:

Players A B and C line up in single file behind the cone located at the service tee.

1) The coach sends a rather rounded ball towards the backhand zone

2) the player shifts to return the ball with his forehand

3) the player returns the ball by targeting one of the designated areas. (Note, if we want to play it safe, it is recommended to return diagonally to your opponent's backhand. )

We move on to the next player... and so on.

Up to you !!



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



<https://elouan-tennis.com>