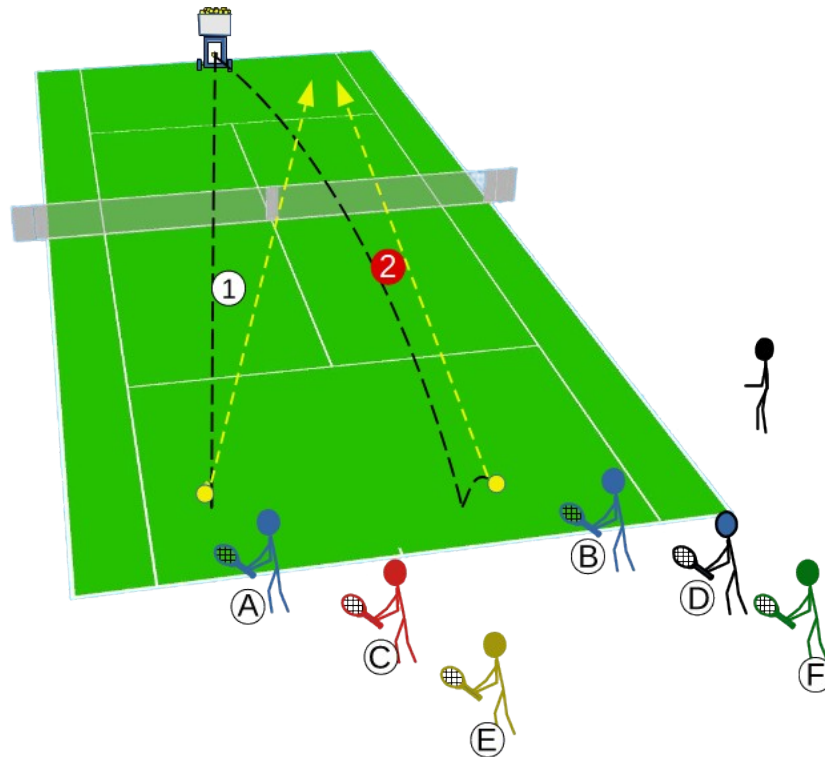


Group Lesson - Backhand Training with the Ball Machine

Category(s):	regularity, repetition
Level:	Yellow ball - Intermediate
Duration :	15 min
Materials:	Ball machine



Hi friends

With a ball machine that allows you to alternate between zones and targets, you can set up a very good exercise for a group lesson on the backhand.

It's quite simple:

- The players form 2 columns to each take turns hitting a ball.
- We set the ball machine so that it sends at a very high frequency alternately a ball on the backhand then one in the center...
- Player A taps his backhand then returns to the queue
- Player B also taps his backhand and returns to the queue
- ...etc

During this exercise the coach will be able to be closer to his players to observe them and correct their technique as best as possible. This is the advantage of doing this exercise with a ball machine. It's up to you guys!!



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



<https://elouan-tennis.com>