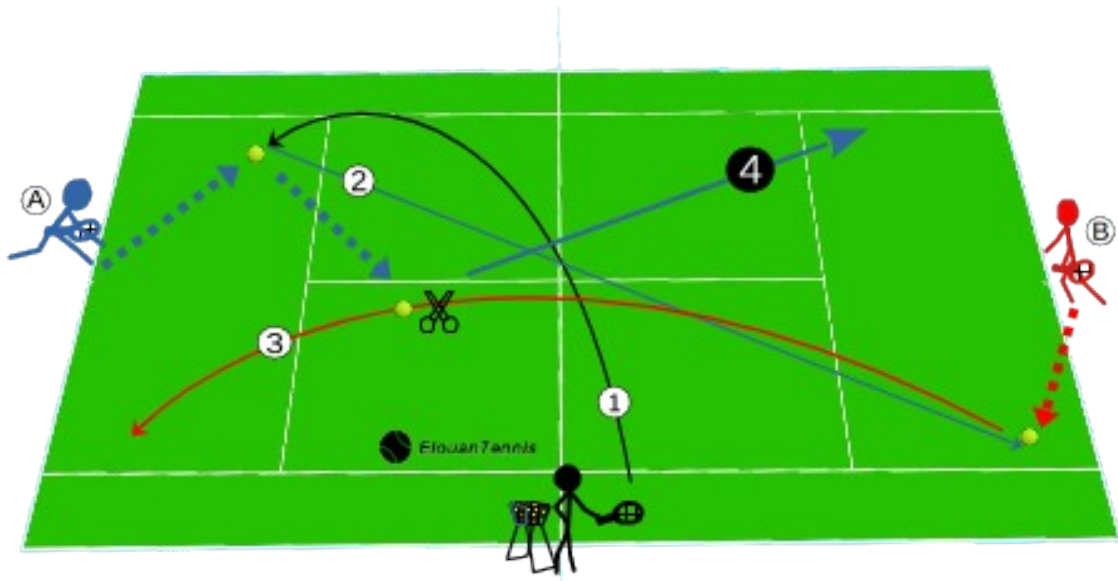


Play on the backhand then cut the trajectory

Category(s):	attack, Explosiveness
Level:	Yellow ball - Intermediate
Duration :	15 min
Materials:	basket of balls



Hi friends

If you like aggressive play, you need to be conqueror on the field, move forward, get into the flow in order to suffocate your opponent.

With this technical and tactical exercise you will be able to train yourself to enter the court and cut a trajectory to put your opponent in great difficulty

Organization of the exercise:

- 1) The coach sends a ball to player A's backhand
- 2) Player A returns a long backhand to the opponent's backhand
- 3) Player B puts long line back
- 4) Player A intercepts the ball and with an approach volley (see topspin volley), he puts it back on the forehand side

It's up to you, friends



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



<https://elouan-tennis.com>