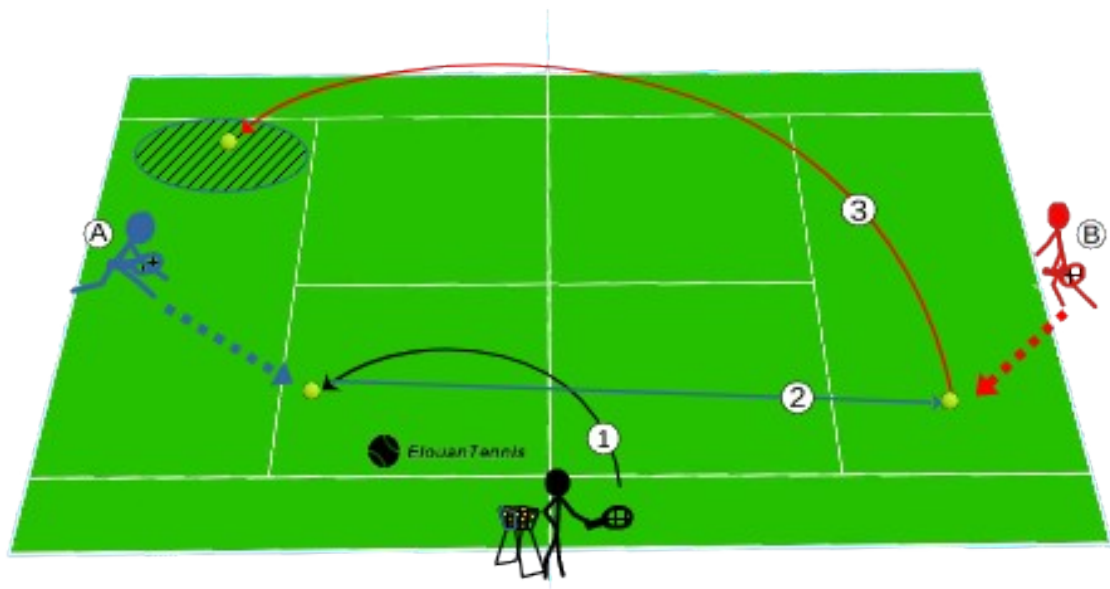


Playing backhand behind the opponent

Category(s):	defense
Level:	Yellow ball - Intermediate
Duration :	10 min
Materials:	basket of balls



Hi friends

In this exercise, we will practice responding to the following situation:

Our opponent benefits from a favorable ball and places a long line attack on us: He is therefore a little advanced in the course and a bit off on the forehand.

We are able to return the ball and we will react with a backhand diagonally and deep in the court, behind the opponent.



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



<https://elouan-tennis.com>