

## Collective lesson session for 8 players: Backhand

Category(s):	strength, explosiveness
Level:	Yellow ball - beginner, Intermediate
Duration :	5 min
Materials:	-

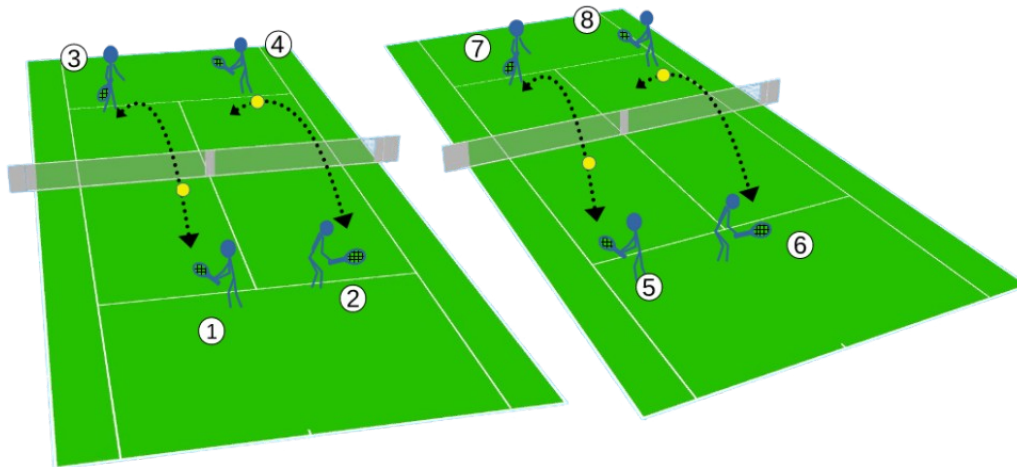
Hi

Here is a group lesson session with 8 players and 2 backhand-oriented courts.

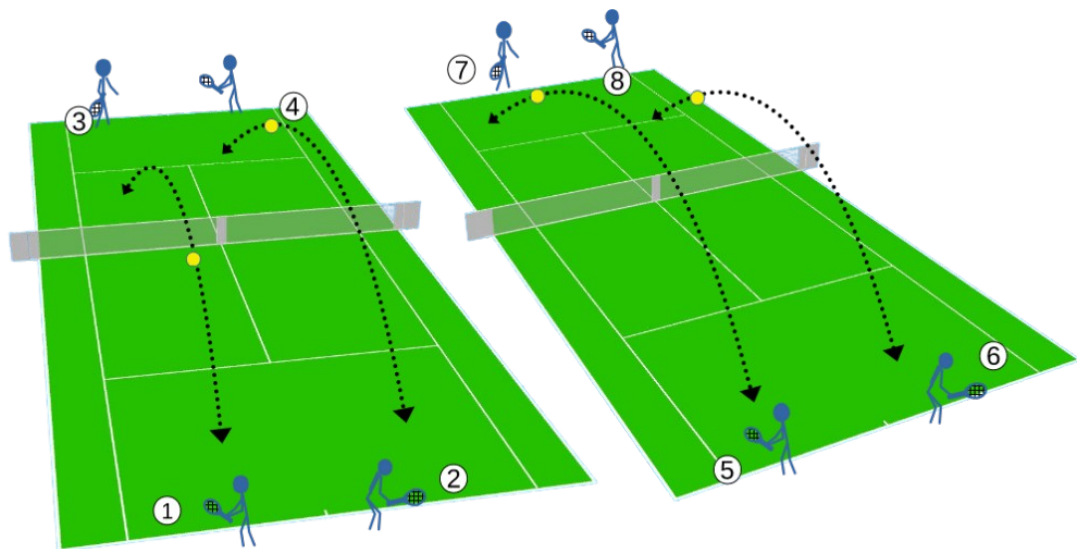
Duration: 90 mins

### Warm-up: (approximately 20 min)

- 5 min tour of the field
- 5 min of a small typical exercise: Heel buttocks / We raise our knees / A few steps taken...
- 5 Min of play in the service squares



- 5 minutes of exchanges along the length of the field:



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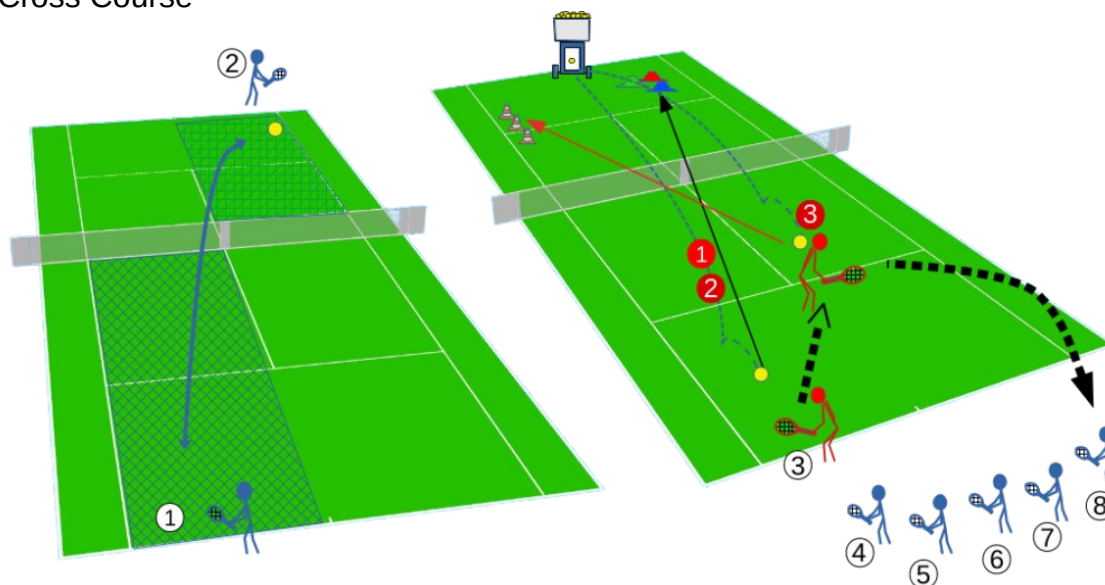


## Exercises: (approximately 40 min)

### With the ball machine on field no. 1

6 players on the machine (or basket)

2 backhands to hit while aiming at the cones then a forehand on a favorable ball while aiming at the Cross Zone/Cross Course



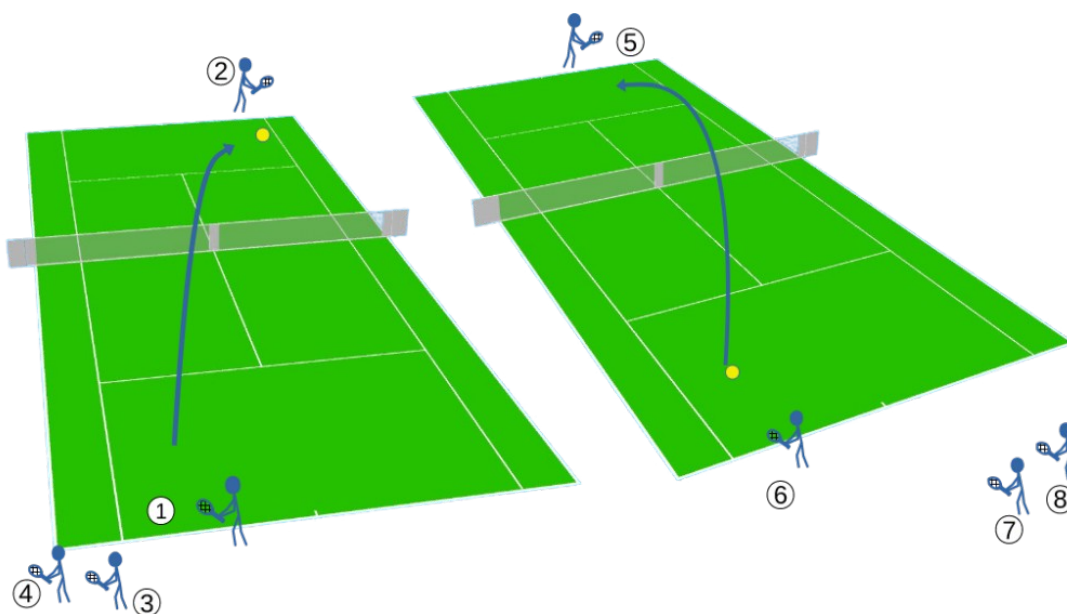
### On field no. 2:

2 of 8 players: Players must only play backhand in the diagonal backhand: Best of 5 minutes. Every 5 minutes one of the players turns and goes to the machine

## End of session exercise: (around 30 min)

King's game in 2 points on 2 courts: Compulsory engagement on the backhand

If a player scores 2 points, he replaces the king! and the king places himself in the line of players on the other court!



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