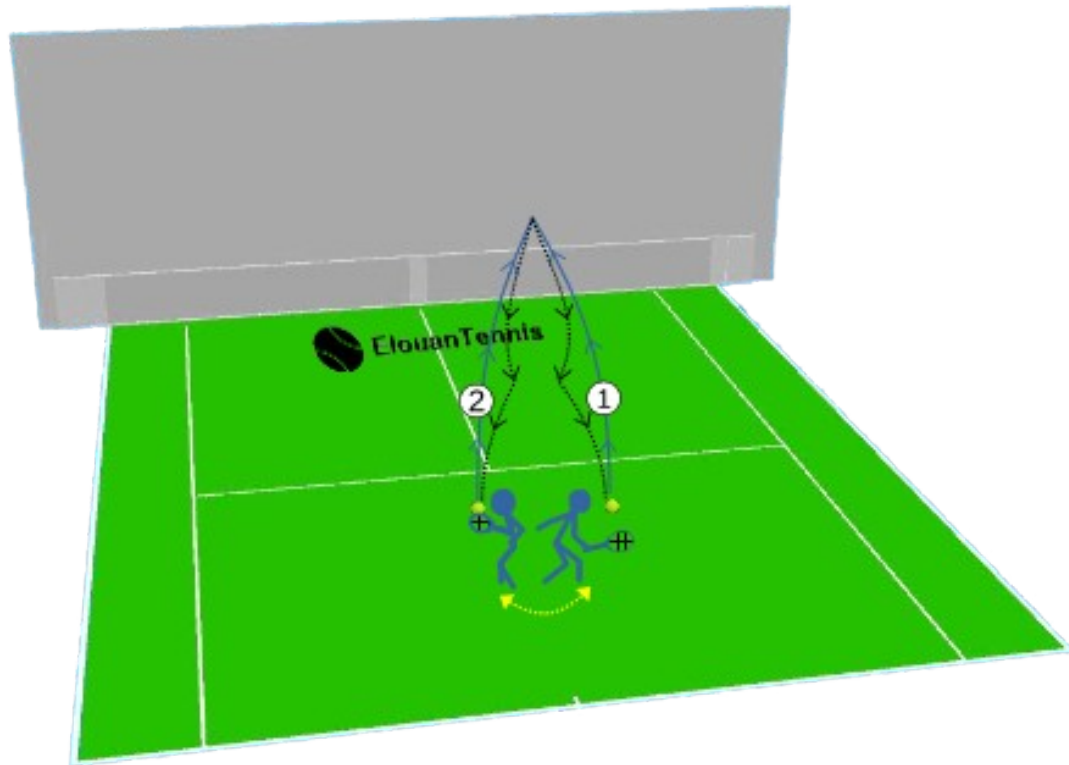


Tennis Exercise: Forehand / Backhand to the wall

Category(s):	regularity, repetition, replacement
Level:	Yellow ball - beginner, Intermediate
Duration :	10 min
Materials:	-



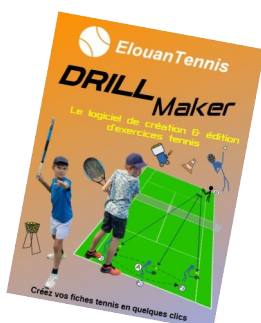
Hi

The alternating forehand/backhand exercise on the wall in tennis is a common practice to improve the technique, precision and coordination of forehands and backhands.

Execution of the exercise:

- Position yourself so that you face the wall, maintaining an appropriate distance to hit the ball comfortably.
- Start by hitting a forehand, sending the ball toward the wall.
- Once the ball bounces off the wall and comes back towards you, perform a backhand to send it back towards the wall.
- Alternate between forehands and backhands, trying to maintain a smooth, even rhythm.

TIPS: Focus on the quality of your shots, power and precision.



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



<https://elouan-tennis.com>