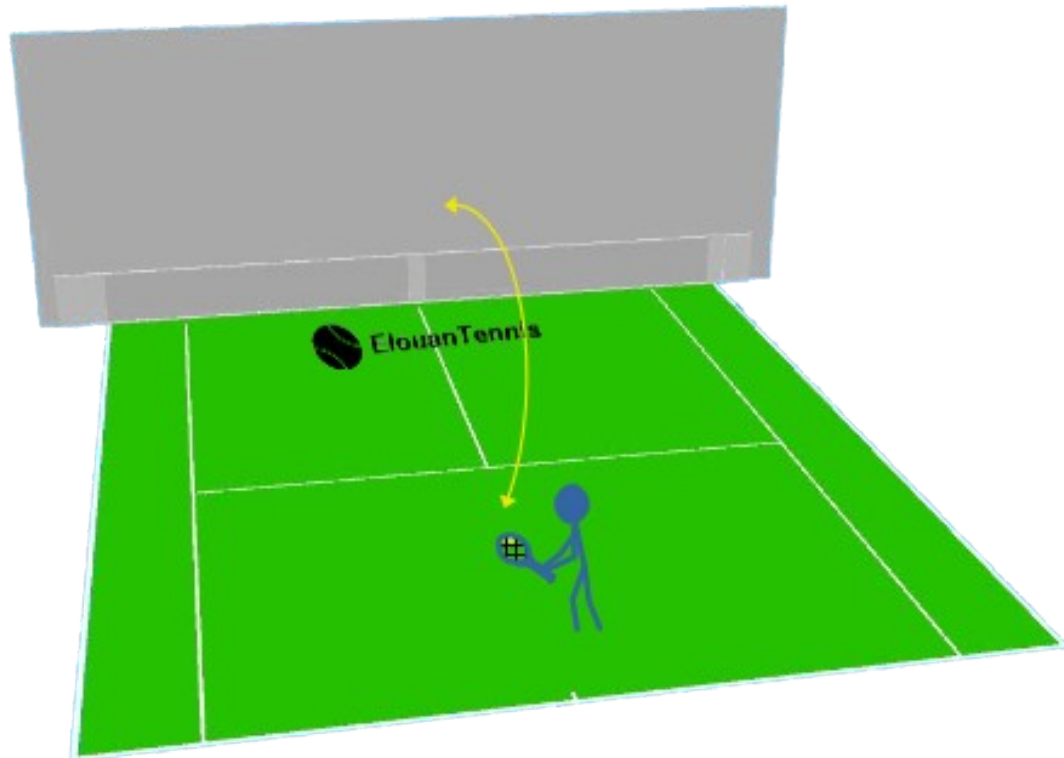


Tennis exercise: Backhand slice or lift on the wall

Category(s):	slice
Level:	Yellow ball - beginner, Intermediate
Duration :	05 min
Materials:	-



Hi all !

This is a simple but very effective exercise for working on your backhand lift alone.

The backhand slice/wall lift drill in tennis involves standing near a wall, hitting a ball with a backhand topspin toward the wall, and then hitting the ball again when it bounces toward you.

This helps improve backhand topspin technique and accuracy, as well as shot coordination and timing.

Be careful, we only use topspins to return the ball to the wall.



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



<https://elouan-tennis.com>