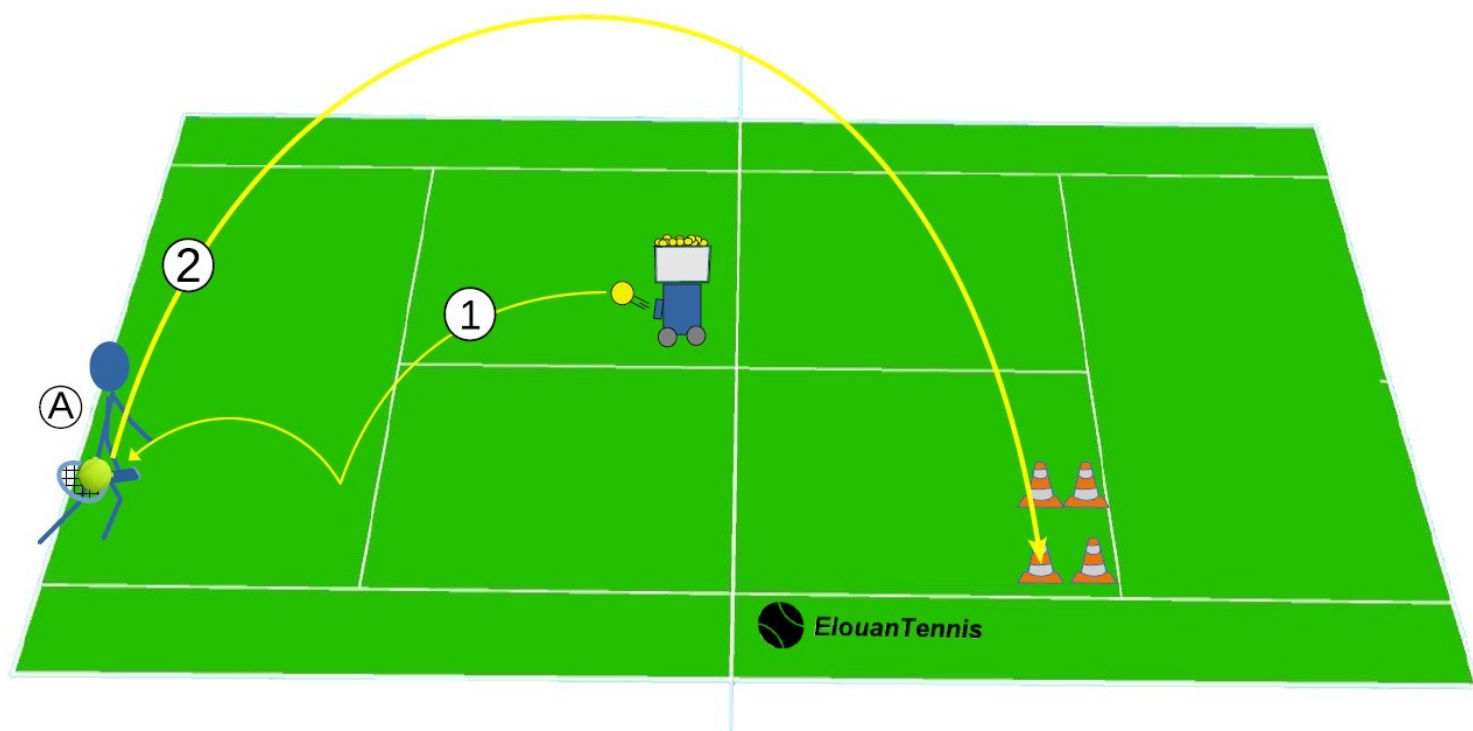


## Tennis Exercise – The lob on the opponent's backhand side

Category(s):	Lob, strategy
Level:	Yellow ball - Intermediate
Duration :	10 min
Materials:	Ball machine



Hi friends !

Today, I'm going to offer you a little exercise focused on the lob on the backhand side of your opponent. Since most players are right-handed, targeting their backhand side can be an effective tactical strategy.

### Execution of the exercise:

- Place cones in the back zone of the opposing field to mark your target.
- Place the ball machine near the net on your side of the court.
- Configure the machine to deliver short, shallow balls, simulating real game conditions.
- Take a position at the baseline.
- When the ball is thrown by the machine, anticipate its bounce and use a volley to execute a very high lob while aiming for the cones.



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



<https://elouan-tennis.com>