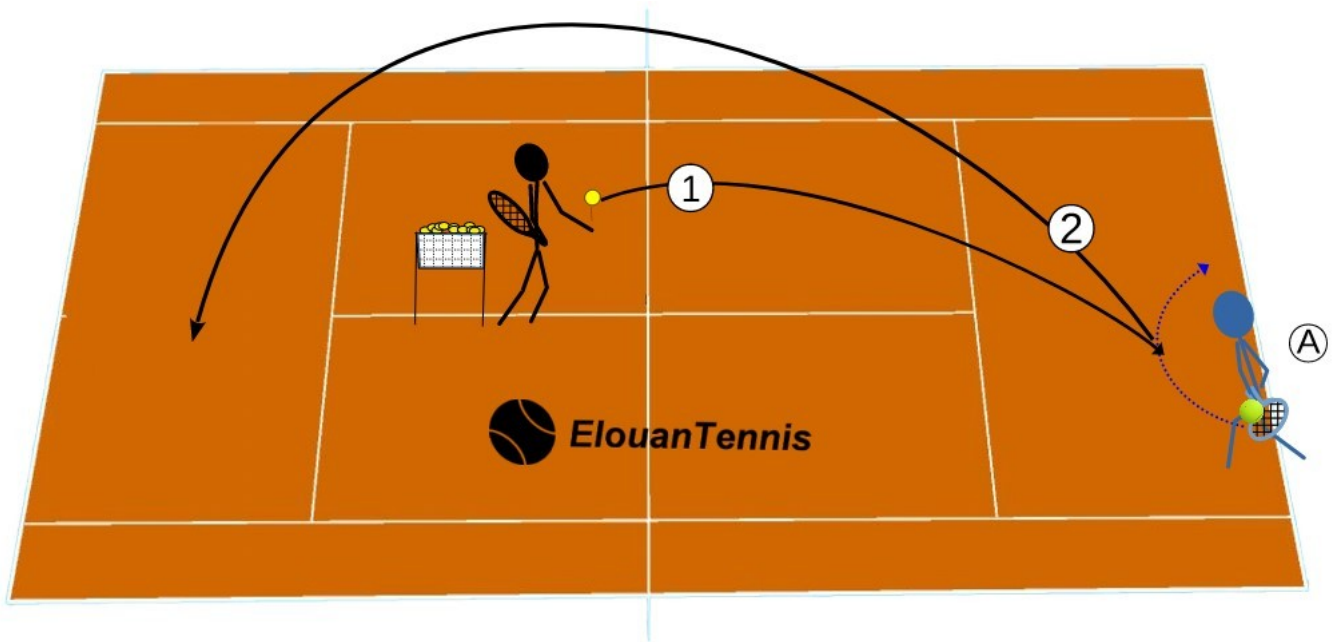


Tennis exercise – Perform a backhand lob correctly

Category(s):	lob, backhand
Level:	Yellow ball - Intermediate
Duration :	10 min
Materials:	Basket of balls



Hi friends !

The backhand lob is a formidable weapon in tennis. Here's how to master it to surprise your opponents on the court:

- Hold the racket firmly and brace yourself by placing the racket behind your non-dominant shoulder.
- Turn your body sideways to the net, with shoulders perpendicular to the baseline. This rotation will generate power for the lob.
- Shift your weight onto the back leg to create momentum, then begin to swing the racquet backward.
- Keeping your eye on the ball, Start swinging the racket forward when the ball reaches the desired height. Aim to hit the ball slightly underhand.
- After hitting the ball, let your arm continue its movement upward, forward, and toward the target.
- Aim to hit the ball over your opponent's head and cause it to fall deep into the opponent's court, ideally near the baseline.



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



<https://elouan-tennis.com>