

Tennis exercises and tactics - Using the sliced backhand to build an attack

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

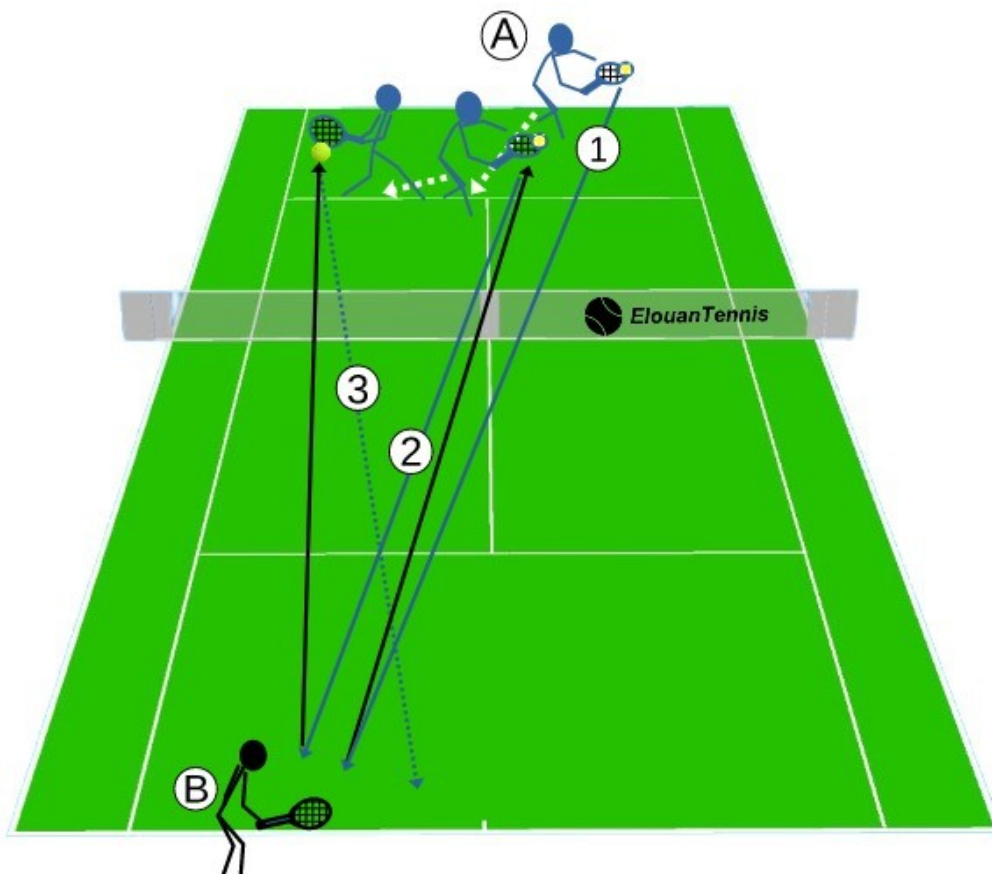
Hi friends !

In this exercise, player A will work on the strategic use of the slice backhand to take control of the rally and surprise player B.

OPTION A:

Player A begins by hitting two offensive slice backhands.

The goal is to use enough spin on the slice to keep the ball low and difficult for Player B to attack. After destabilizing player B with slices, player A anticipates a ball that is easier to attack and hits a powerful shot from the baseline to conclude the point.



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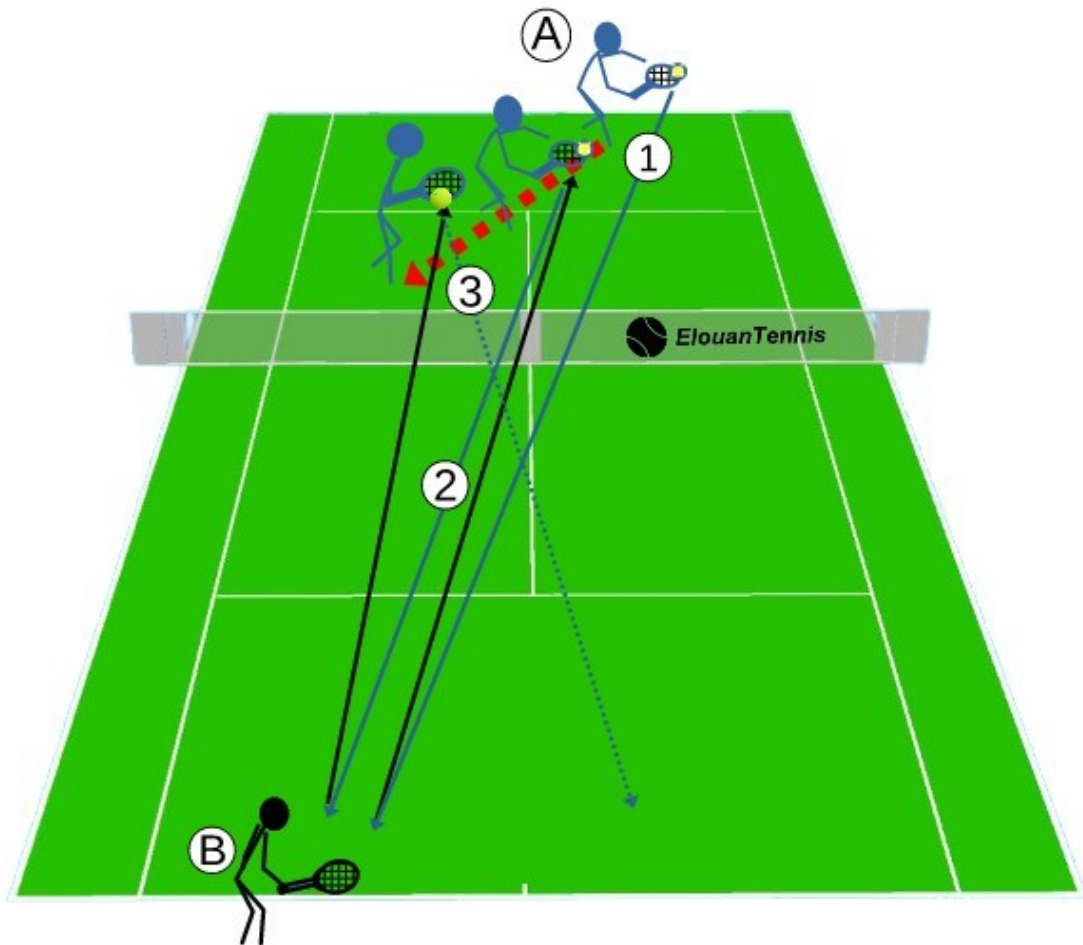
<https://elouan-tennis.com>

OPTION B:

Player A starts the rally by hitting an offensive slice backhand. This time, after the first slice backhand, player A approaches the net for a slice net attack.

By going to the net, player A forces player B to play a difficult ball.

Player A is then in a favorable position to perform a winning volley and conclude the point.



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