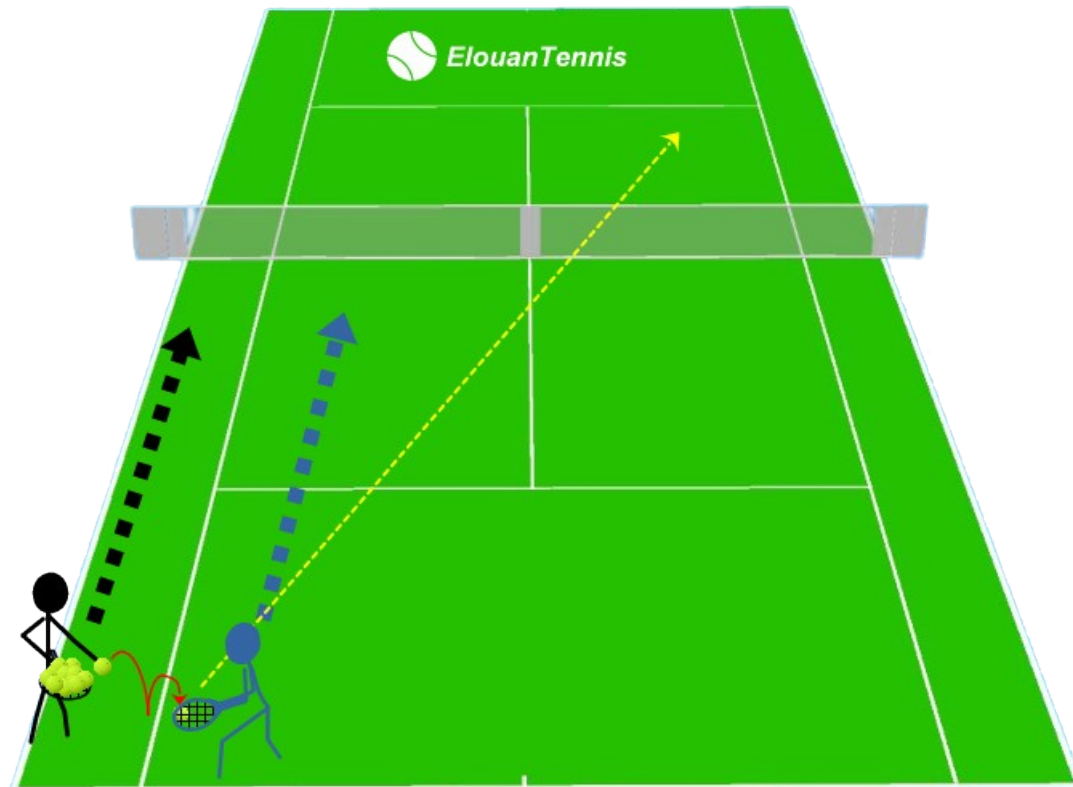


## Intense backhand cross training

Category(s):	intensity, precision, cross backhand
Level:	Yellow ball - Intermediate
Duration :	10 min
Materials:	-



Hello friends

Here is an interesting exercise to improve your cross backhand, while working on your movement and precision:

- Player A stands at the baseline, ready to hit backhands.
- The coach, located in the corridor on the opposite side, drops a ball in front of him.
- Player A should move slightly forward and hit the ball with a cross-court backhand.
- After hitting the first ball, the coach takes a few steps forward and drops a second ball. Player A must again advance and hit the ball with a cross-court backhand.
- The coach keeps moving forward and dropping balls, gradually increasing the frequency of throws and the speed of movement. Player A must keep pace and continue to hit each ball with a cross-court backhand, improving their agility, timing and technique.



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



<https://elouan-tennis.com>