

Skill: Backhand swing with recovery steps

Difficulty: basic

Intention

Focus on positioning for BH shots:

Apply footwork formula with focus on weight shift from the inside leg to the outside leg

With weight on outside leg, initiate swing with unit turn

After a clean shot return to centre for next shot

Drill

Level 1:

Prepare at centre of baseline. Balls land on BH side. Reduce speed to 4 for shorter balls. Return to starting point after each shot

Level 2:

Alternate your shots cross-court and down the line

