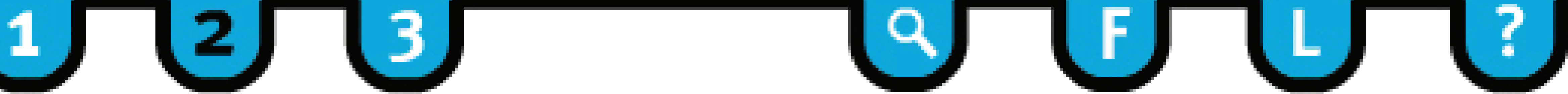
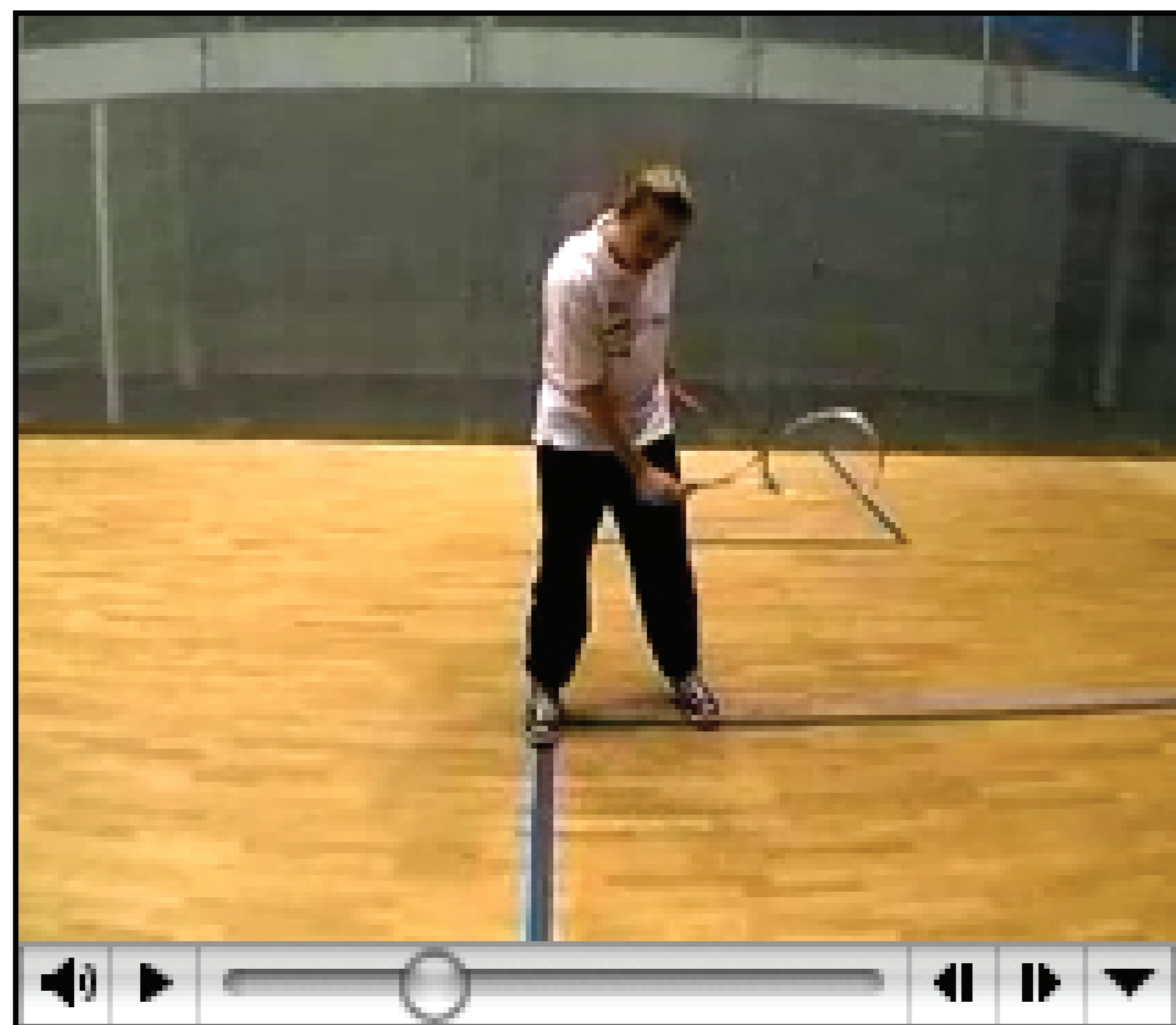


# intermediate



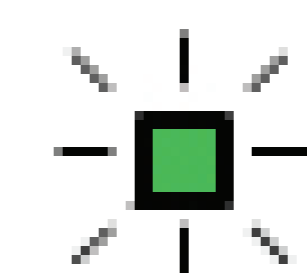
Backhand hitting points



Forehand hitting points



Your main hitting points to control the direction of the ball are; 1. for the boast, hitting at a 45 degree angle behind the front foot, 2. straight drive - zero degrees, 3. cross court and 4. reverse angle.



## positions

- serve
- drive
- volley
- cross-court
- drop
- reverse
- lob
- back wall
- back corner



hit

v