



PE SKILL SCHOOL

CHALLENGE #14

TENNIS BACKHAND CHALLENGE!

HOW MANY BACKHANDS CAN YOU DO IN 30 SECONDS?



RULES!

- 1) Place 2 cones or markers 4m from a wall of flat surface.
- 2) All shots must be backhands.
- 3) The ball must bounce once after hitting the wall.
- 4) Complete as many as you can in 30 seconds.



TIPS!

- Pretend you are hitting over a net to maintain ball height.
- Use your shoulder in the stroke - Remember the Big C!

WHAT'S YOUR STANDARD?



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