

TENNIS RECIPROCAL TASK SHEET #3: BACKHAND

Doer's Name:

Observer's Name:

- Directions:** Work in a group of 3. One student is the "doer;" one person is the "observer;" one is the ball tosser.
 Doer: Complete tasks read to you.
 Observer: Read Task Sheet to partner and place a check in the appropriate box looking at 1-2 points at a time.
 Offer feedback.
 Tossers: Toss the ball to the backhand side of "doer."

	DATES							
	(Record date of practice)							
	Yes	No	Yes	No	Yes	No	Yes	No
BACKHAND								
1. Assume ready position.								
2. Execute an early backswing getting racquet back as soon as possible.								
3. Quickly move to ball.								
4. Set up with the side of the body to the net.								
5. Step onto right leg (R handed players) before contact. Transfer weight to that leg.								
6. Contact the ball in front of the right leg.								
7. Contact the ball with the racquet perpendicular to the ground.								
8. Strong follow through.								
9. Recover to ready position to receive another ball.								
10. Repeat task sheet hitting 4 balls in a row.								
11. Rotate: Tosser <input type="checkbox"/> to Observer Observer to Doer Doer to Tosser								
After everyone in group completes the Task Sheet, rally with your group on the court.								