

Name _____

Mastering the Backhand: A Fundamental Tennis Stroke

Multiple Choice Questions

1. What is the main difference between a one-handed backhand and a two-handed backhand in tennis?
 - a) The speed of the shot
 - b) The number of hands used to grip the racket
 - c) The position of the feet
 - d) The player's dominant hand

2. Proper footwork in the backhand stroke involves:
 - a) Standing still to maintain balance
 - b) Keeping both feet close together
 - c) Positioning the non-dominant shoulder facing the net
 - d) Leaning forward while hitting the ball

3. How does a player add topspin to their backhand shot?
 - a) By brushing the ball from high to low
 - b) By hitting the ball with a flat racket face
 - c) By keeping the racket arm stiff
 - d) By not following through after the shot

4. When might a player use their backhand defensively in a tennis match?
 - a) To dictate the pace of the rally
 - b) To put pressure on the server
 - c) To retrieve difficult shots
 - d) To exploit the opponent's weaknesses

5. What is the significance of mental focus when executing the backhand in tennis?
 - a) It has no impact on the shot's success.
 - b) It helps players stay composed and choose the appropriate stroke.
 - c) It ensures maximum power in the shot.
 - d) It affects the player's footwork.

