

Name _____

Mastering the Backhand: A Fundamental Tennis Stroke

Short Answer Key

1. Proper backhand footwork involves positioning with the non-dominant shoulder facing the net, feet shoulder-width apart, and even weight distribution.
2. Topspin involves brushing the ball from low to high, creating forward rotation, while slice is achieved by brushing from high to low, causing backward rotation.
3. Practicing the backhand stroke helps improve accuracy, power, and consistency, making the player more effective on the court.
4. A player might use their backhand offensively to dictate the pace of the rally and put pressure on their opponent.
5. Mental focus is crucial when executing the backhand stroke as it helps players stay composed, read the opponent's shot, and choose the appropriate response.

