

Name _____

Mastering the Backhand: A Fundamental Tennis Stroke

Open-Ended Response Answer Key

1. A practice routine for improving the one-handed backhand stroke might include warm-up exercises, shadow swings, and drills focusing on footwork, swing mechanics, and shot placement.
2. The advantages of a one-handed backhand include reach and versatility, while a two-handed backhand offers added stability and power. One may be more suitable depending on a player's physical attributes and personal preference.
3. In a memorable tennis match, the backhand played a significant role during a crucial rally in the third set. Both players engaged in a fierce backhand exchange, demonstrating their skill and determination.
4. Recognizing an opponent's weaknesses allows a player to strategically target their backhand shots to exploit those vulnerabilities. For example, if an opponent has a weaker backhand, a player may use cross-court backhand shots to keep them on the defensive and gain an advantage.

