

Part 1 Topspin Shots Only



1. Forehands only
2. Backhands only
3. Alternating Forehands and Backhands
4. One Forehand straight one Forehand X court (repeat on Backhand)
5. Two Forehands straight One Backhand X court (repeat on Backhand)
6. Two Forehands straight One X court (Forehand start)
7. Two Backhands X court One Backhand Straight (Backhand start)
8. Forehand X court Forehand X court (inside out)
9. Backhand X court Backhand X court (inside out)
10. Alternating Forehands to Backhands (100 ball timed challenge)

Part 2 Slice Shots Only



11. Forehands only
12. Backhands only
13. Alternating Forehands and Backhands
14. One Forehand straight one Forehand X court (repeat on Backhand)
15. Two Forehands straight One Backhand X court (repeat on Backhand)
16. Two Forehands straight One X court (Forehand start)
17. Two Backhands X court One Backhand Straight (Backhand start)
18. Forehand X court Forehand X court (inside out)
19. Backhand X court Backhand X court (inside out)
20. Alternating Forehands to Backhands (100 ball timed challenge)

Take a Pic and Challenge Yourself on the Wall

For video demonstrations

go to www.wellstc.co.uk

Part 4 Volleys



- 31 Forehands only
- 32 Backhands only
- 33 Alternating Forehands and Backhands
- 34 One Forehand straight one Forehand X court (repeat on Backhand)
- 35 Two Forehands straight one Forehand X court (repeat on Backhand)
- 36 Forehand X court Backhand X court Forehand straight
- 37 Backhand X court Forehand X court Backhand straight
- 38 Forehands across the wall
- 39 Backhands across the wall
- 40 Work across the wall Three Forehands One Backhand

100 Ball Challenge alternating Forehands and Backhands

Part 5 Volleys at different heights



- 41 Forehands low close
- 42 Forehands low far
- 43 Backhands low close
- 44 Backhands low far
- 45 Forehands and Backhands alternating low close
- 46 Forehands and Backhands alternating mid to low far
- 47 Forehands across the wall low close
- 48 Forehands across the wall high close
- 49 Backhands across the wall low close
- 50 Backhands across the wall high close

Part 3 Topspin and Slice Combinations



21. Topspin Forehand X court Backhand Topspin X court Slice Forehand X court Slice Backhand X court
22. Topspin Forehand straight Slice Forehand X court Topspin Backhand straight Slice Backhand X court
23. Slice Forehand straight Topspin Forehand X court Slice Backhand straight Topspin Backhand X court
24. Topspin Forehand straight Slice Forehand X court Topspin Forehand X court (repeat on Backhand)
25. Slice Forehand straight Topspin Forehand X court Slice Forehand X court (repeat on Backhand)
26. Topspin Forehand X court Slice Backhand X court Topspin Forehand straight
27. Topspin Backhand X court Slice Forehand X court Topspin Backhand straight
28. Slice Forehand X court Forehand Backhand X court Slice Forehand straight
29. Slice Backhand X court Topspin Forehand X court Slice Backhand straight
30. Topspin Forehand X court Backhand X court Slice Forehand X court Slice Backhand X court (100 ball timed challenge)