

Specific Skills Improvement Program

Forehand and Backhand Counter

This session is designed specifically for forehand and backhand Counter stroke improvement. The session duration is 3 hrs , totally dedicated towards counter play in the game.

Session Content

1. Forehand to Forehand Counter – 30 mins.
2. Backhand to Backhand Counter – 30 mins.
3. Forehand to Backhand Counter (Down The Line) – 30 mins.
4. Falkenberg Drill for integrating both Forehand and Backhand counter – 45 mins
5. Counter Match play – 45 mins

Individual briefing to practice in future.