



# How to Hit a Down the Line Backhand

In this video, you will learn how to hit a down the line backhand.

Make sure you've checked out the videos on the one and two handed backhand

The three key steps are the preparation, the shot and the follow through

Use the two handed backhand grip or the eastern one handed backhand grip

When you see that the ball is coming to the backhand, shuffle to the side and do a unit turn and bring the racket leg in front and the racket shoulder pointing to the net

The shot

Lunge forward or to the side on the outside leg depending whether the you want to hit the ball in closed or open stance

Drop the racket behind you and swing forward in a C movement with a straight hitting arm, up and across

At contact, the arms should be extended and the ball should be in front and to the side

Present firm wrists with the side of the racket perpendicular to the ground

Imagine there are four balls that you need to hit simultaneously down the line

The ball should be a little ahead and the strings should be pointing towards the target

It's extremely important to flatten out at contact

The contact point is a little further away to the side and closer to the body than for the down the line shot than the cross-court backhand

If you hit the ball too far ahead, you are likely to send it cross-court

For a one handed backhand, the basics are the similar

Focus on lengthening your hitting zone and flattening out at contact

The follow through

Extend your racket arm in front and finish with the butt cap pointing towards the surface

Practice your backhand down the line with a partner

Enjoy your game

<https://www.sikana.tv/en/sport/tennis/down-the-line-backhand>