

## LESSON 5: TWO-HAND BACKHAND

### Grade-Level Outcomes

#### Primary Outcome

**Lifetime activities:** Demonstrates competency and/or refines activity-specific movement skills in 2 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games or target games). (S1.H1.L1)

#### Embedded Outcome

**Movement concepts, principles & knowledge:** Uses movement concepts and principles (e.g., force, motion, rotation) to analyze and improve performance of self and/or others in a self-selected skill. (S2.H2.L1)

### Lesson Objectives

The learner will:

- perform the two-hand backhand grip.
- successfully perform the two-hand backhand shot three times in a row with a partner.

### Equipment and Materials

- Tennis rackets: 1 per student
- Tennis balls (various densities): at least 3 per student pair

### Introduction

*Today, you will be learning the two-hand backhand. This is the more commonly used version of the backhand and can help you generate a lot of power during baseline rallies.*

## Instructional Task: Two-Hand Backhand Grip

### ■ PRACTICE TASK

Demonstrate the two-hand backhand grip. Students shadow along.

#### Extensions

- Have students place their rackets on the ground, and when you say go, students pick up their rackets with the two-hand backhand grip.
- Extend the task by having students alternate between eastern backhand and two-hand backhand grips.

#### Refinement

Students refine skill by reviewing pictures of the grip; instructional videos of the grip can also be posted to the school's physical education website.

#### What to Look For

- Base knuckle (index finger) of the dominant hand is on the second bevel of the handle.
- Non-dominant hand is above the dominant hand, with base knuckle on the sixth bevel.

## Instructional Task: Two-Hand Backhand Strike Movement Pattern

### ■ PRACTICE TASK

Demonstrate the two-hand backhand strike. Students shadow along.

#### Guiding questions for students:

- How does the two-hand backhand differ from the one-hand backhand?
- What are the advantages of the two-hand backhand?
- What are the advantages of the one-hand backhand?

#### Refinements

- Reinforce that the primary force comes from the non-dominant hand rather than the dominant in the two-hand backhand.
- Students shadow with a partner.

#### Extension

Students peer-assess a partner's striking movement pattern using the critical features. Students use a device to record the movement, if available. Provide a checklist to guide assessment.

---

**EMBEDDED OUTCOME: S2.H2.L1.** Students provide corrective feedback to partners based on peer assessment.

---

#### Student Choices/Differentiation

Students choose their rackets.

#### What to Look For

- Students are bringing their rackets back with the correct grip.
- Swing pattern is from low to high.
- Students are transferring their weight at the right time.
- Students are following through to the target.

## Instructional Task: Two-Handed Backhand With Partner

### ■ PRACTICE TASK

Students pair up and stand across from each other on the service line on one side of the T (four students per court). One partner soft-tosses three balls for the other partner to return using the two-hand backhand. The tossing partner uses footwork to catch the balls when they come back over the net. Partners trade roles.

#### Extensions

- Students perform the same task except they move back to the baseline and the tossing partner feeds balls with a drop-hit forehand.
- Students perform the same task except they attempt to keep a rally going while hitting with their rackets (no catching).
- Students perform the same task except they set a goal for consecutive two-hand backhands in a row.

**Refinements**

- If students are abbreviating the movement pattern while at the service line in order to reduce force on the ball, encourage them to swing through and use a lower-density ball.
- If ball control is an issue when two rallies are going on at the same time, encourage students to line up the dominant shoulder with the target (partner) before striking the ball.

**Student Choices/Differentiation**

- Students may choose to start with lower-density balls.
- Students may use a backboard or ball machine, if available.

**What to Look For**

Students are making contact at waist level and out front.

## **Instructional Task: Backhand Games**

**■ PRACTICE TASK**

Each group of four students play modified games. The server drop-hits a forehand to the other side, and another player returns the ball using a two-hand backhand. Once the ball has been successfully returned, the point is played out and scored like a real game. The server changes after each game. Students must try to use only two-hand backhands after the ball is put in play.

**Extensions**

- Students perform the same task but may use both one-hand and two-hand backhands.
- Students perform the same task but use either the backhand stroke or the forehand as appropriate.

**Refinement**

Reinforce the importance of the appropriate footwork and early backswing preparation while the ball is approaching.

**Student Choices/Differentiation**

- Students may choose to change partners.
- Students may decide what type of ball they want to play with.
- Students may decide which style backhand they want to use.

**What to Look For**

- Students are correctly keeping score.
- Students are performing correct footwork.
- Students are using the two-hand backhand striking pattern.

## **Formal and Informal Assessments**

Informal assessment and peer assessments

**Closure**

- What grip did you learn today? Can someone demonstrate it for me?
- Can you name three critical features of the two-hand backhand?
- How does the two-hand backhand differ from the one-hand backhand?
- Keep practicing the skills at home if you can, and the next lesson you will be learning some basic tactics for baseline rallies.

## Reflection

- Were students consistently using the proper grip?
- Were students hitting the ball too high or into the net?
- Were students generating most of their power from the non-dominant hand?
- Did students get enough practice with the two-hand backhand?

## Homework

- Practice the two-hand striking pattern at home. You can do that with a racket or another type of long-handled implement.
- Provide students with a handout that shows pictures of the two-hand backhand grip, or refer them to the school's physical education website for video clips.

## Resources

Grip review: [https://cdn.shopify.com/s/files/1/0134/9182/files/how\\_to\\_grip\\_a\\_tennis\\_racket\\_large.jpg?225](https://cdn.shopify.com/s/files/1/0134/9182/files/how_to_grip_a_tennis_racket_large.jpg?225)

One-hand versus two-hand backhand: [www.youtube.com/watch?v=5gs94l0wKpM](http://www.youtube.com/watch?v=5gs94l0wKpM)

Internet keyword search: "backhand," "one-handed versus two-handed backhand"