

# **The influence of movement on groundstroke in tennis**

## **—Backhand stroke—**

### **Abstract**

Groundstrokes in tennis require players to be able to respond to any change in game conditions in order to return a flying ball under tactical judgment.

In this report, we investigate the effect of the travel distance to the hitting position set in stages on the backhand stroke through experiments, and summarize the changes in technique in the composite task.

Keywords : Tennis, Groundstroke, Composite task