

## Exercise to stop double faults

Category(s):	Precision, repetition
Level:	Yellow ball – Intermediate - Confirmed
Duration :	10 min
Materials:	Plots



### Situation :

Last year, believe it or not, at the start of the season I made an average of 2 double faults each game... it was as if my opponent started at 30/0 each game.... lol

In order to solve this with my father we imagined a very simple exercise:

### Exercise :

A service cart and we simulate a match but I start each game with a handicap of 2 points: The opponent is therefore 30/0

I serve my first and second ball normally...

Each time I make a good serve, I score the point, then I pass the next one: 15/30.... 30/30 40/30 Game

Obviously if I make a double fault the point goes to the opponent (imaginary)

And I make a set, see a match like that....

I have repeated this exercise dozens of times and it has helped me significantly reduce the number of double faults in my matches.

### Conclusion

If like me before, you make too many double faults.... this exercise can help you ;)... YOU have to be patient and repeat the exercise often



Elouan Tennis Drill Maker (ETDM)  
Software for creating & editing tennis exercises



<https://elouan-tennis.com>