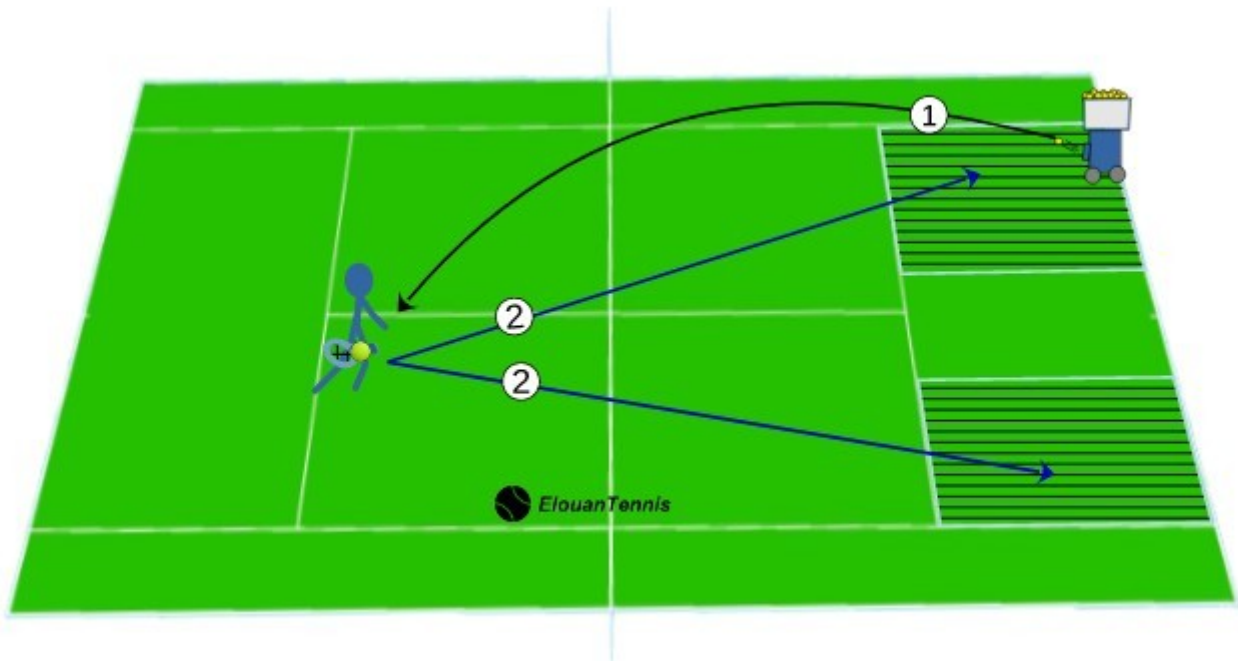


Tennis Exercise : Topspin volley exercise

Category(s):	Volley, area
Level:	Yellow ball - Intermediate, Confirmed
Duration :	10 min
Materials:	Ball machine



The topspin volley is one of my favorite shots, it's so satisfying to hit a super topspin volley... usually it's a winning shot.

That said, the topspin volley is also a complicated shot, we succeeded, we have to master the movement.

To practice the topspin with the ball machine, we do a relatively simple exercise.

- 1) The ball machine sends me a ball on a trajectory favorable to a topspin volley. (The hardest part is making a good adjustment on the machine: the ball must not be a lobe, nor must the ball be too low.)
- 2) I practice: I position myself and hit the topspin volley targeting areas.

This training aims to help me improve the technical gesture. This is the first phase of work. Afterwards you have to reinvest the gesture in the game and it's not that easy because when you start, often faced with a ball favorable to a topspin volley, you have the cushioned or cut ball reflex...



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



<https://elouan-tennis.com>