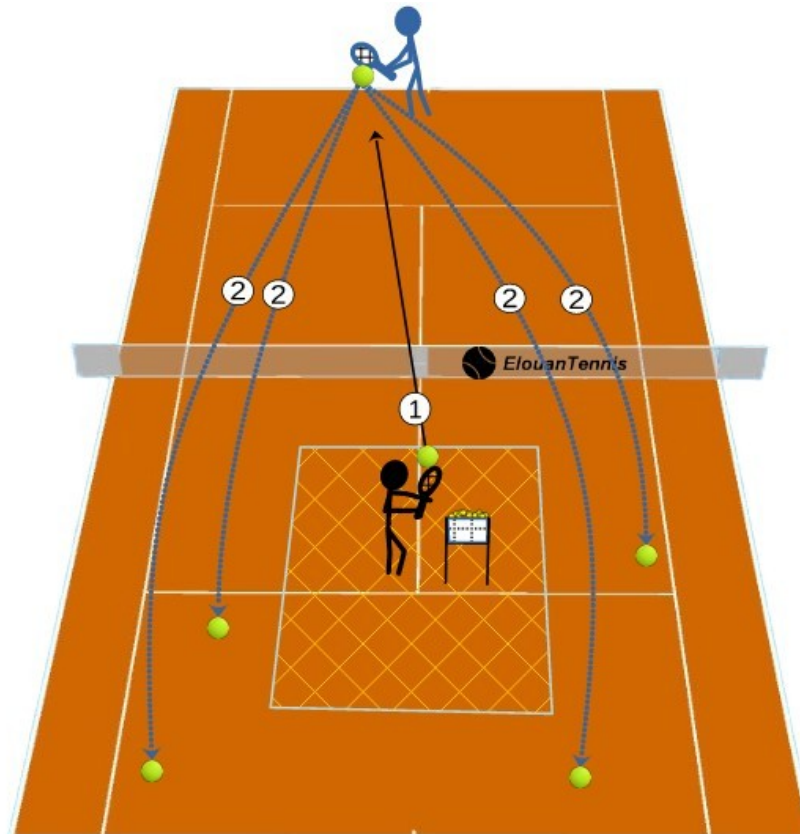


Tennis Exercise : targeting zones & passing

Category(s):	confidence, precision, area
Level:	Yellow ball, Green ball - Intermediate, Confirmed
Duration :	5 min
Materials:	Basket of balls, Slats



When you start playing tennis, you tend to put the ball back in the center, but the idea is to put your opponent in difficulty and therefore find areas that are not in the center to force him to run to position himself. and make sure it's not an easy move for him.

My father and I set up a specific and relatively simple exercise to help me find areas:

The coach stands in the center with a basket of balls, he sends me a ball and I have to return it without him being able to touch it.

Basically the coach guards the center zone.

If he succeeds in taking the ball then the point is decided, if I manage to pass it then it's perfect that means I managed to find an area

The presence of the opponent in the center is interesting because visually it brings a plus it allows me to better visualize the game situation, better target compared to a simple house / zone placed on the field



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



<https://elouan-tennis.com>