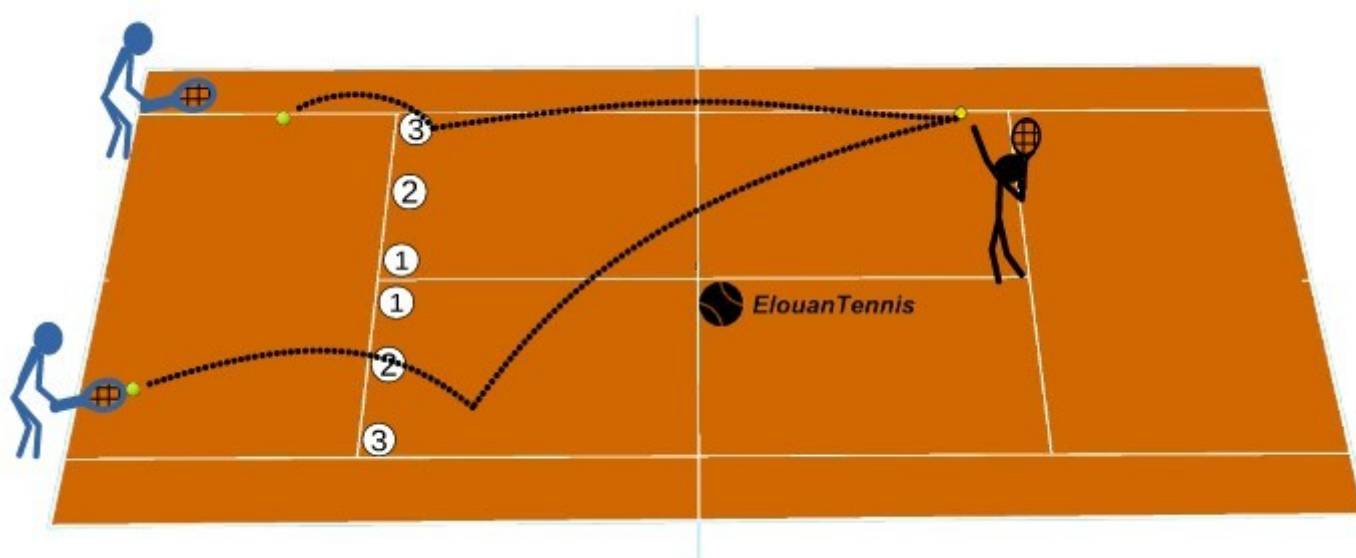


Tennis drill : Be responsive/fast to return a service

| | |
|--------------|------------------------------------|
| Category(s): | Explosiveness, reactivity, service |
| Level: | Yellow ball - Confirmed |
| Duration : | 10 min |
| Materials: | - |



To practice returning a serve and especially to practice being reactive, sometimes I do this exercise.

Server steps into the court and serves almost at the service line and I have to return the ball. This has the effect of having a very fast service ball coming at me.

I have to be very responsive to be able to return it properly.



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



<https://elouan-tennis.com>