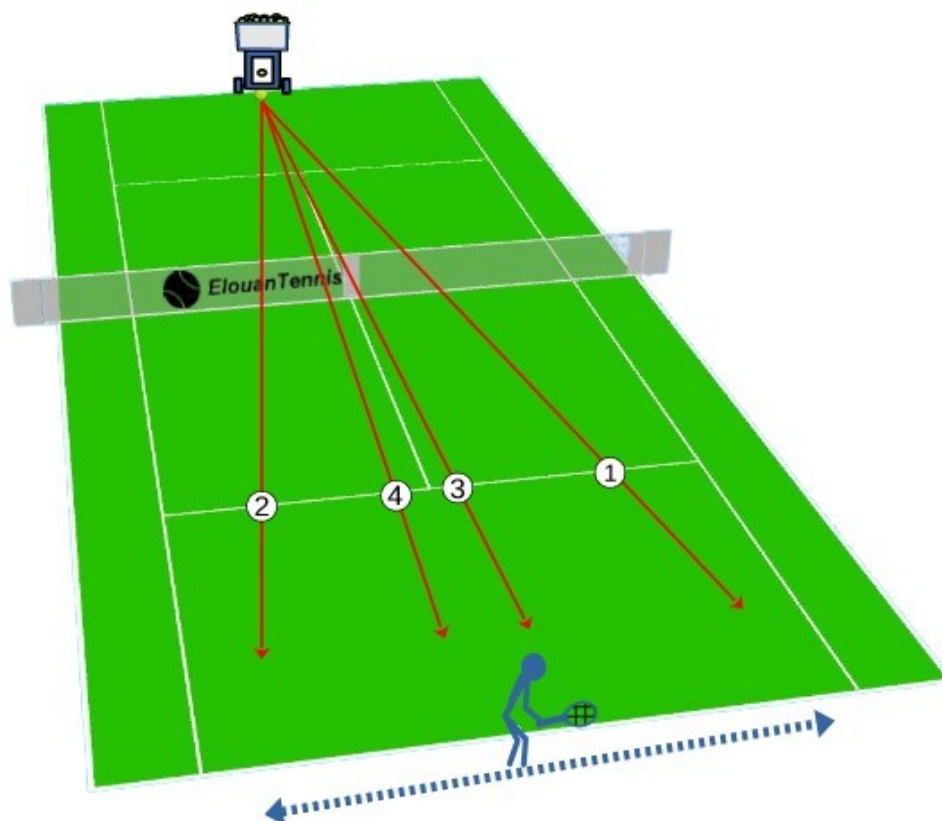


Tennis drill : Warming up with the ball machine

Category(s):	movement, endurance, regularity
Level:	Yellow ball - Intermediate, Confirmed
Duration :	10 min
Materials:	Ball machine



To warm up when doing a session with the ball machine, very often I do a first set of around 120 balls in "basic line" mode.

The machine sends:

- 1) A ball on my forehand
- 2) A ball in the center
- 3) A ball on my back
- 4) A ball in the center

At an average frequency. I calmly hit the balls and move my legs. No specific objective for this exercise, just to warm up: Warm up.



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



<https://elouan-tennis.com>