

Tennis drill : Forehand – Learn to Slide

Category(s):	Cross Course, Ball Length, Accuracy, Zone
Level:	Yellow ball - Confirmed
Duration :	15 min
Materials:	Ball machine

Clay or synthetic turf are slippery surfaces and the game is not quite the same on this type of surface.

When, for example, we receive a ball on our forehand, we run to get the ball and hit it... but if our race is identical to the one we have on a hard court we risk hitting the ball then being carried away by our momentum and slipping to find ourselves almost in the fence at the edge of the court and suddenly hit a crazy speed to get there. Replace (see not having time at all to replace)... There are therefore specific running, sliding, placement and even games techniques for these slippery surfboards.

In this simple exercise, I learn with a ball machine to slide correctly when I receive a ball on my forehand.

Here is the exercise:



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The ball machine sends me a ball to my forehand with good length.

- 1) Starting from the slightly off-center marker, I run to intercept the ball
- 2) **I slide at the right time to be well positioned when I strike and I strike. (If I executed my slide correctly, my race stops at the right time and I don't find myself in the scenery)**
- 3) I put myself back together and start again.

Here we focus more on sliding and hitting than on whether the ball is good. Repetition of the slides will allow me little by little to adjust my running and prepare myself better. The good shots come quickly and it's quite exhilarating.



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