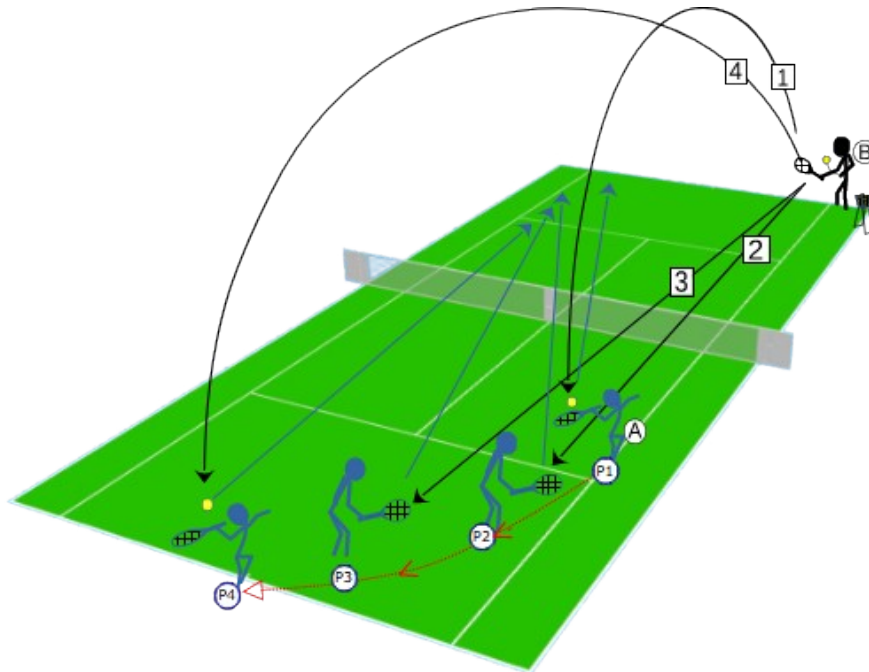


Alternating Smash and Forehands

Category(s):	Agility, attack, confidence, movement
Level:	Yellow ball - Intermediate
Duration :	10 min
Materials:	basket of balls



Hi friends

Here is a nice and atypical exercise, which will make us smash from the back of the course, I have service squares and also make us hit forehands.

Description and purpose of the exercise:

After smashing player B's lob from position P1, player A steps back diagonally and connects two forehands to positions P2 and P3. Once in P4, he performs another smash.

To punctuate the exercise, the trainer sends a series of balls with varying powers and lobs of varying heights.

Organization of the exercise:

- Player B sends a lob to position P1, Player A must return the ball with a diagonal smash.
- Player B sends a 2nd ball to position P2, player A must move back to position P2 to return the ball with a diagonal forehand.
- Player B sends a 3rd ball to position P3,
- Player A must again step back to position P3 and return this ball with a diagonal forehand.
- B sends a lob to position P4. Player A must move back to position P4 and smash B's lob. Then we return to position P1 and start again.



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



<https://elouan-tennis.com>