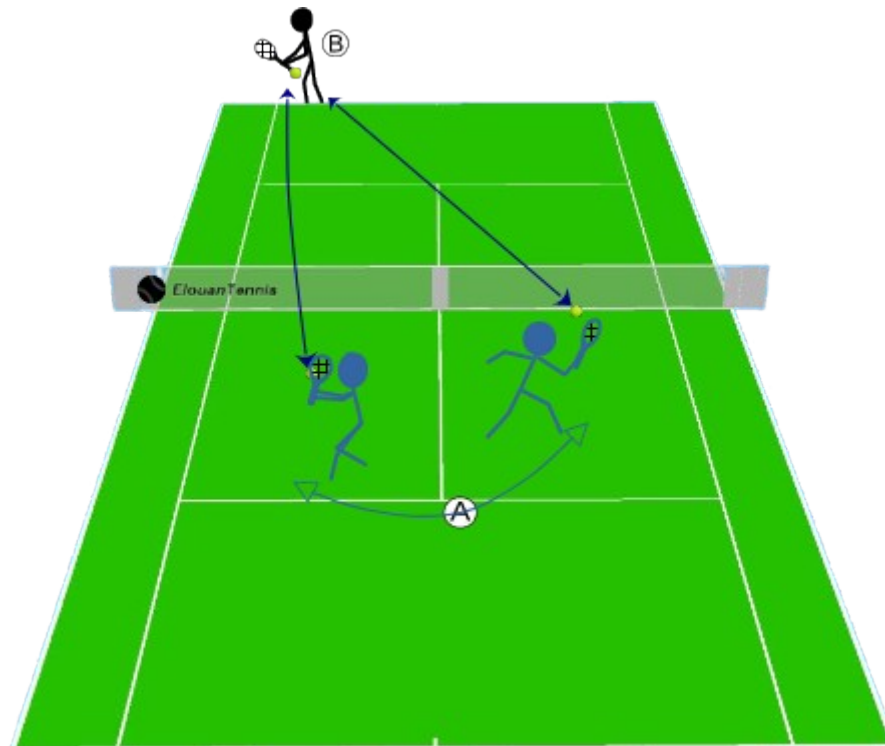


Alternating forehand/backhand volley

Category(s):	intensity
Level:	Yellow ball – Intermediate
Duration :	1 min
Materials:	-



Hi friends

A nice and very basic little exercise to practice volleying that I do regularly with my father and a basket of 60 balls.

Alternate the forehand volley and the backhand volley with a receiver/trainer who waters us on the volley.



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



<https://elouan-tennis.com>