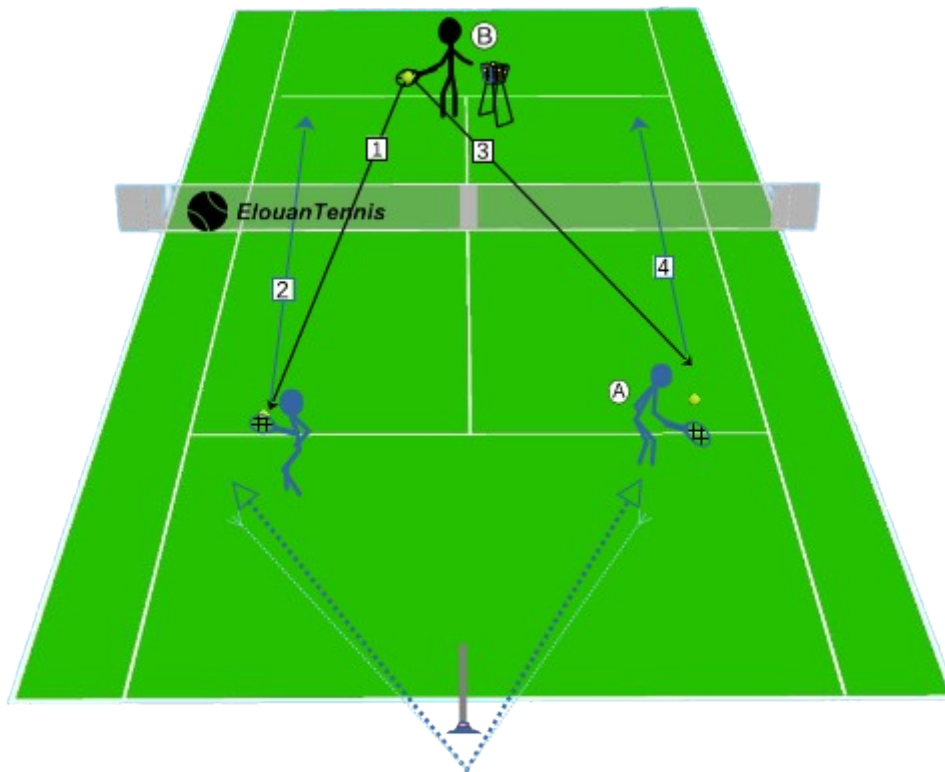


Attack on the forehand side then on the backhand side, targeting long line

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



Hi friends

Here is an interesting exercise to repeat attack sequences on the forehand and backhand sides.

- We place a plot
- Our coach sends us a favorable ball that we will attack on the forehand side aiming for a long line
- Then we will go around the plot
- Then our coach sends us a favorable ball on the backhand side which we will attack aiming long line

And so on...



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



<https://elouan-tennis.com>