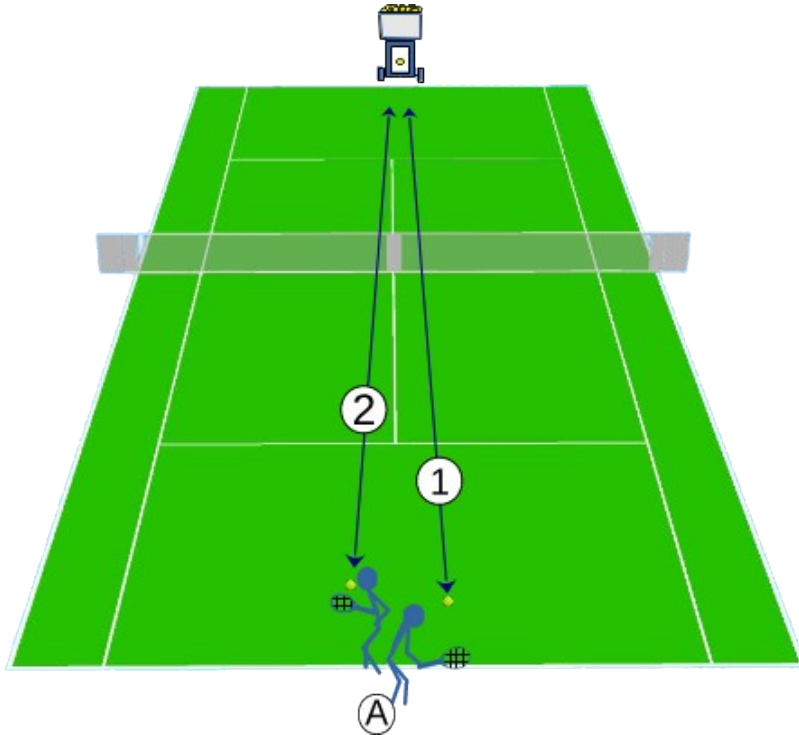


Backhand intensity - forehand with the ball machine

Category(s):	Explosiveness, intensity, reactivity, replacement
Level:	Yellow ball – Intermediate
Duration :	1 min
Materials:	Ball machine



Hi friends

With a ball machine that simply shoots balls straight, there is an excellent exercise to do to gain regularity, to improve your placement to gain liveliness/reactivity

It is very simple.

You place the ball machine in the center of the field at the level of the serving tea
 She sends a ball regularly to the center of the field at the level of the opposing service tea
 I position myself and return the ball
 Once on the back
 Once with the forehand

Between each strike I have to move and position myself...

The idea is to put the sending frequency at a relatively high level (faster than an ordinary exchange) to force you to move quickly. This will work on our explosiveness, our reaction speed and our placement to return the ball well.



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



<https://elouan-tennis.com>