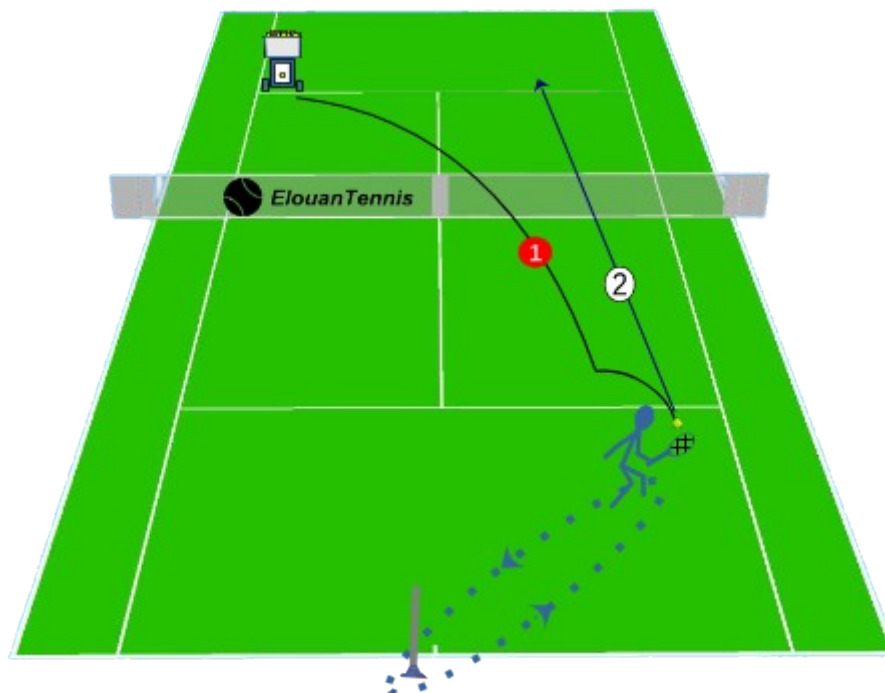


Ball machine: Attack with a forehand on a favorable ball

Category(s):	attack
Level:	Yellow ball – Intermediate
Duration :	1 min
Materials:	Plots, Ball machine



Hi friends

With a ball machine you can practice repeating the same shot over and over again. And one of the first shots on which we often want to work is the attacking forehand. The opponent gives us a very favorable ball on our forehand, we want to attack it... We are beginners we often fail, but with a little practice you start to attack and it becomes satisfying.

Here is an exercise with the ball machine that allows us to repeat the shot.

Note that we positioned the ball machine as if it were sending us a forehand (almost a short cross forehand)

The machine sends us a relatively short ball (it's up to you to make the right settings on your ball machine)

We start from the plot and we attack the ball

Then we come back to the plan and we reattack the ball...

And so on



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



<https://elouan-tennis.com>