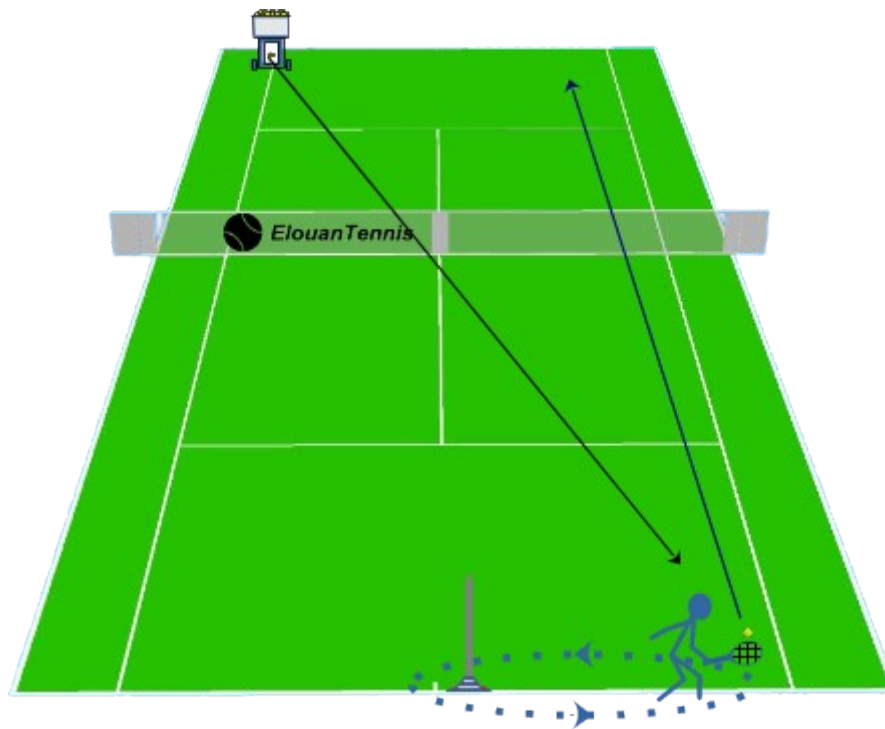


Ball machine - Forehand and turns around the plot

Category(s):	movement, regularity, repetition, Zone
Level:	Yellow ball - Intermediate
Duration :	10 min
Materials:	Plots, Ball machine



Hi friends

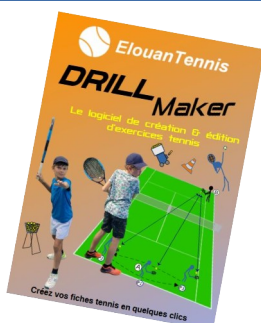
Here is a new exercise with the ball machine to work the forehand a little differently. The ball machine is great, but there is a small flaw, which is that we know where the ball is going to go so we tend not to move and just wait for the ball where it is going to arrive to hit her.

To overcome this small defect, a very simple thing is to place a plot on the field and between each strike we must go around the plot.

On this exercise, I therefore placed a plot and I placed the machine balls in the corner of the course so that the angle of the ball comes closest to a forehand hit by the player from the corner classes.

My goal is to return long line

Between each shot I will go around the plot (you must of course adjust the frequency of delivery of the balls from the machine so that it is reasonable and compatible with the exercise)



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



<https://elouan-tennis.com>