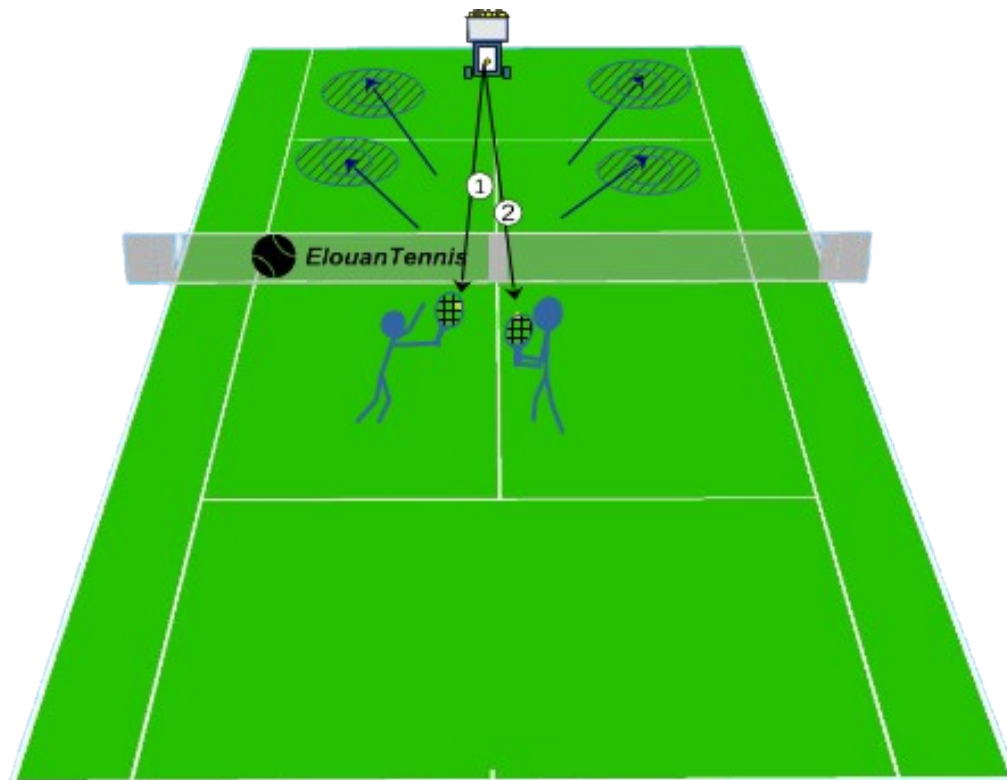


Ball machine alternate flaps and target areas

Category(s):	intensity, repetition
Level:	Yellow ball - Intermediate, Confirmed
Duration :	1 min
Materials:	Ball machine



Hi friends

With a ball machine we can do very good training on the fly. Repetition of shots is a key element of progression in tennis and the ball machine is perfect for this, so here is a little exercise that will help us reveal forehands sorry for backhands while targeting areas.

The ball machine sends balls to the center on volley.

We hit the ball by alternating forehand flap then backhand volley.
We target the four zones drawn on the figure.



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



<https://elouan-tennis.com>