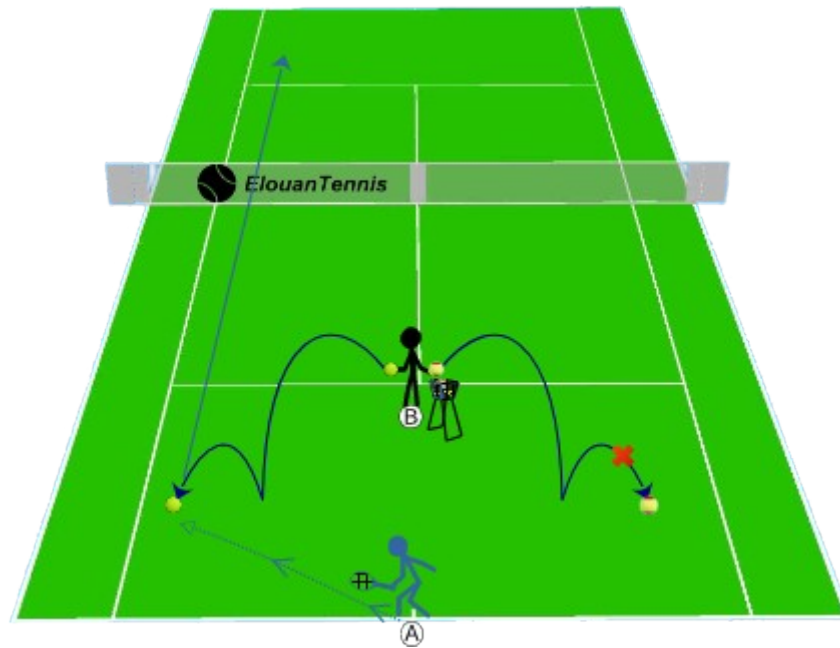


## Choose the right ball! fun

Category(s):	-
Level:	Yellow ball – Intermediate
Duration :	1 min
Materials:	basket of balls



Hi friends

A rather nice and fun little exercise to develop your reactivity, visual perception and explosiveness at the same time as your forehand and backhand

### Progress of the exercise

I am positioned on the serving tea, the coach will send 2 balls: one to my backhand, one to my forehand... except that there will only be one ball that will be good, the yellow ball... Unless you react very quickly to hit the right ball.



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



<https://elouan-tennis.com>