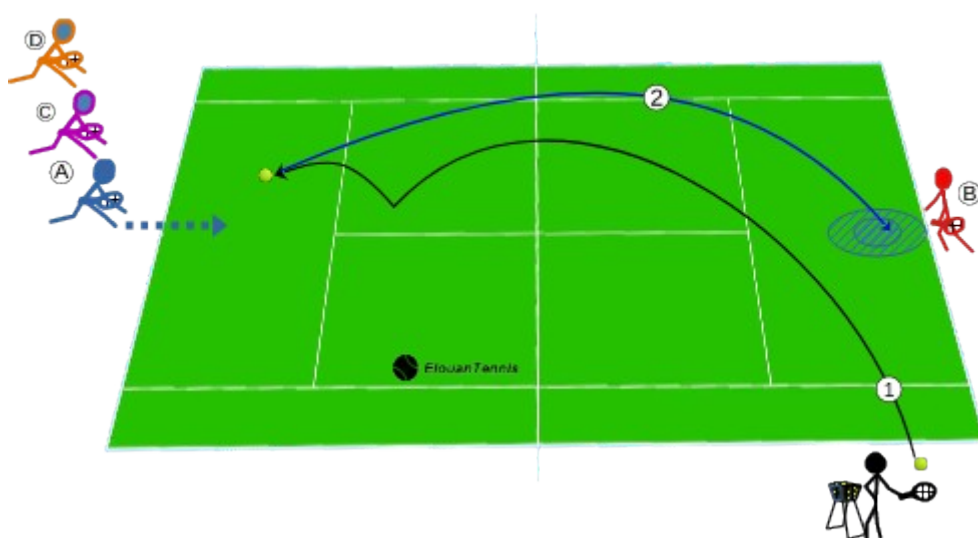


Collective Targeting in the opponent's foot

Category(s):	Anticipation, Area, Précision
Level:	Yellow ball - Intermediate
Duration :	15 min
Materials:	basket of balls



Hi friends

At the opponent's feet, it is very disturbing for him, you may have experienced this situation yourself: the ball comes at you and you are surprised, you have to react quickly to recover and return the ball.

With this little collective exercise,

On the one hand, you will be able to train yourself to target at the opponent's feet.

On the other hand, if you are a returner reacting to a ball that hits your feet

Organization of the exercise:

The coach with the ball basket is located at the side of the field.

One of the players (B) is in the returner position.

The other players will take turns playing 1 point.

- The coach sends a first ball that is relatively easy to negotiate to the players.
- The objective for the player, it is to return the ball to the feet of the opponent (B) - and the opponent must react and position themselves well to in turn return the ball... Then, the point is played. Then we move on to the next player...

After three points won by a player A C or D, the roles are changed



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



<https://elouan-tennis.com>