

## Crosscourt forehand training

Category(s):	cross course, intensity, lift, Precision
Level:	Yellow ball – Intermediate
Duration :	1 min
Materials:	-



Hi friends

Succeeding in a short crosscourt forehand is still super satisfying... but to have a good success percentage you have to train and persevere.

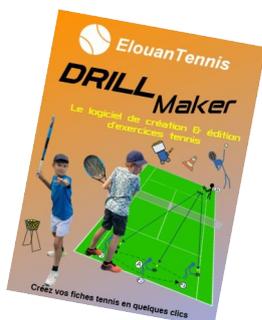
Here is an exercise for hitting series of short crosscourt forehands that is quite interesting because it also allows us to work on the depth of the court.

The coach or partner stands with a racket full of ball in the hallway

He sends fairly low balls at a fairly high rate, alternating between a ball forward and a ball at the back of the course...

It's up to us to return them by aiming for the crosscourt zone (a good crosscourt requires a lot of lift in the ball)

I can tell you that after 20 balls hit you have done your little cardio dose lol



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



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