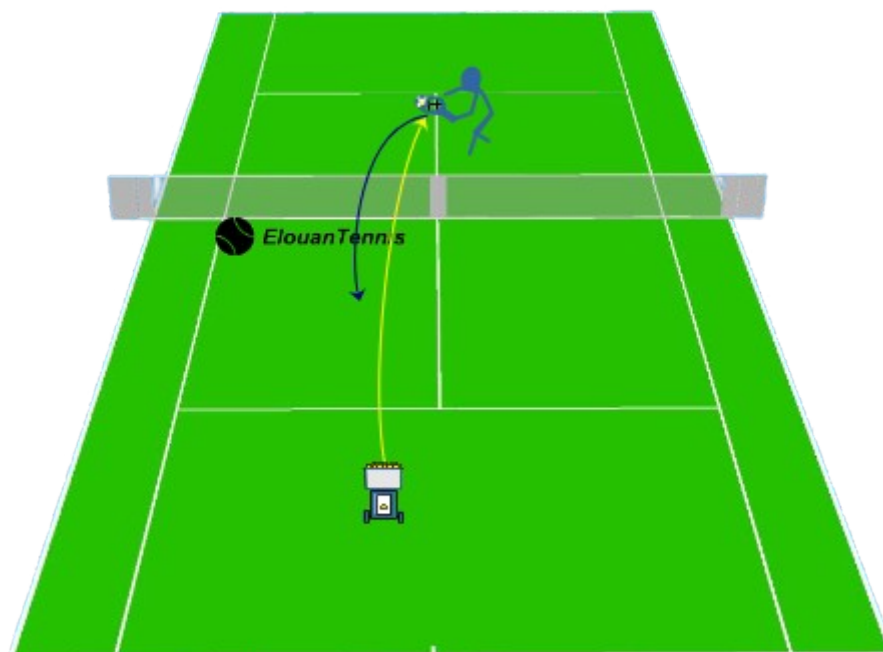


Do retro drop shots with the ball machine

Category(s):	-
Level:	Yellow ball – Intermediate
Duration :	1 min
Materials:	Ball machine



Hi friends

When you have a ball machine, you can work on a lot of things, not just putting the ball machine in the middle and hitting your forehands like a nag.

One of the advantages is that the ball machine will allow us to work on repetition.

It's perfect for example for working on drop shots,

and here is an exercise with the ball machine in which I work on my drop shot with a retro effect.

It's quite simple, the machine sends me a ball on the fly, I try to do a drop shot with a retro effect on it

The advantage of the ball machine is that it will really always serve us the same ball.



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



<https://elouan-tennis.com>