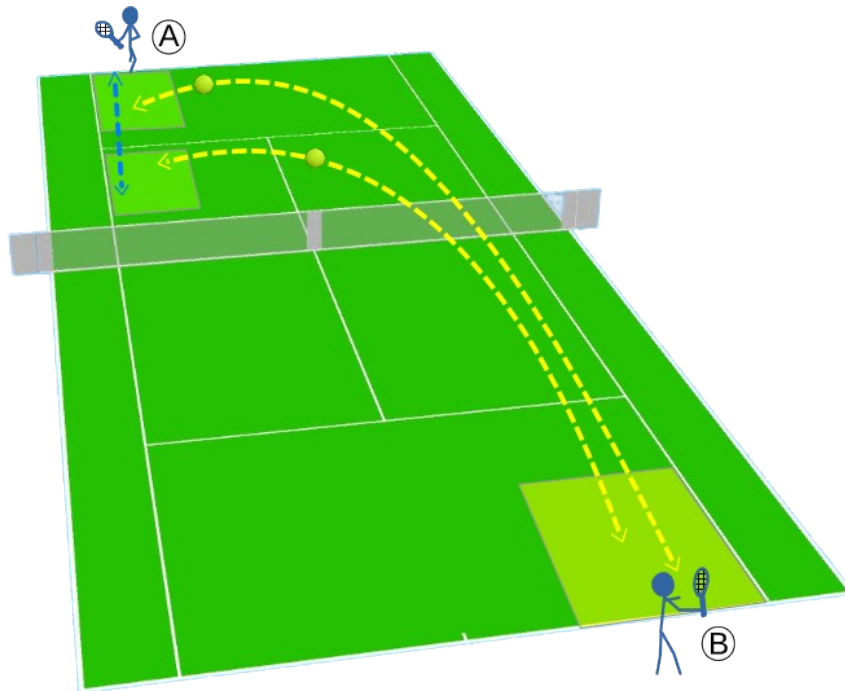


## Exercise to defend on the forehand

Category(s):	defense, Precision, Area
Level:	Yellow ball – Intermediate
Duration :	1 min
Materials:	



Hi

In a rally, on the diagonal forehand you should not always be in a hurry to finish the point, you sometimes have to know how to be patient and wait to get the good ball. In this kind of situation it is good to hold the diagonal and not provide the favorable ball to your opponent for that you have to defend, anticipate the trajectory of the balls and push the opponent away from the course.

This exercise is designed to train us for this situation.

Player A and B trade diagonally.

Player A returns diagonally to the back to push his opponent back  
Player B alternates between long balls and shorter balls,  
forcing A to analyze the trajectory well and to move to hit the ball well and defend well.



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



<https://elouan-tennis.com>