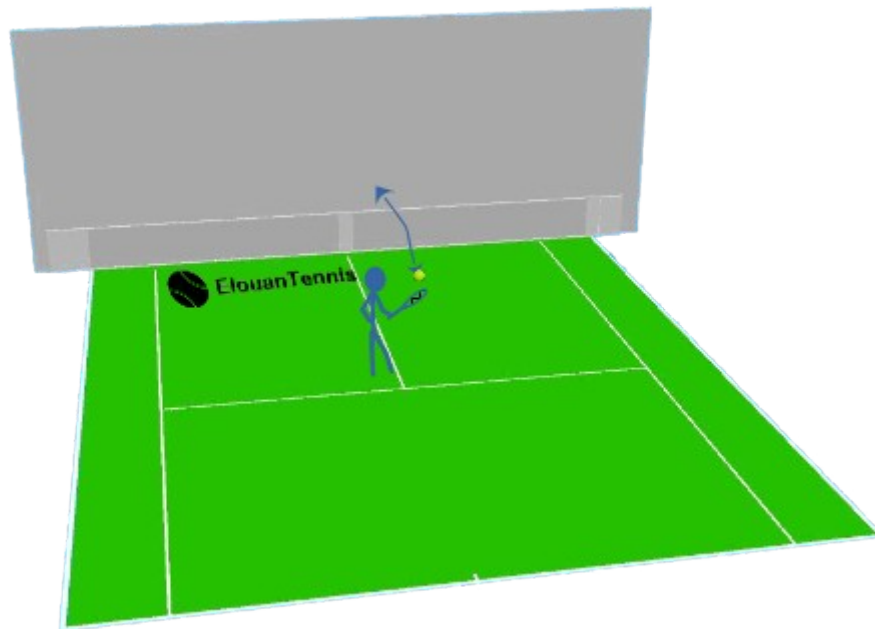


## Exercise volley to the wall

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



Hi friends

The tennis wall is the perfect place to practice certain tennis shots alone.

Working on the wall can be super interesting for this, certain simple exercises can allow you to make good progress.

For example, if you want to work on your volley and your reflexes, here is an exercise that can be very good:

- You go to the wall, on the volley and you volley with the wall (usually it's the wall that wins lol)
- To make the exercise more interesting little by little you will approach the wall, a pace will inevitably increase you will need reflexes of steel to perform your flaps.
- Move forward move back move back....
- Very good little exercise to also refine your touch on the ball



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



<https://elouan-tennis.com>