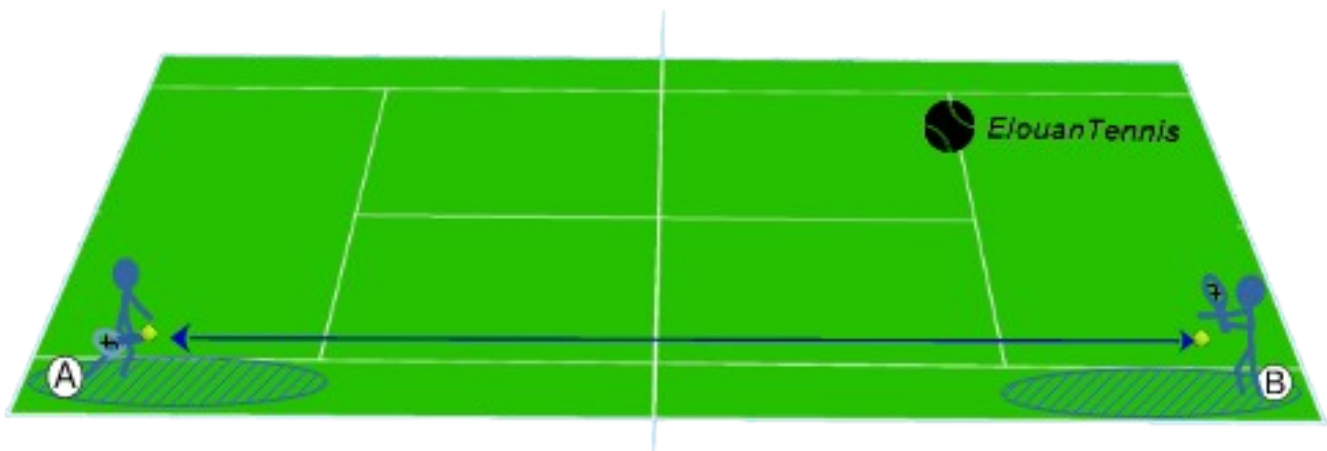


Forehand accuracy: Playing in the doubles lane

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



Hi friends

A classic exercise to gain precision in the forehand:

Rally in the doubles lane playing only on the forehand.

Small exercise in 20 points (10 on each side)... Very good little exercise to start a session or finish a warm-up.



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



<https://elouan-tennis.com>