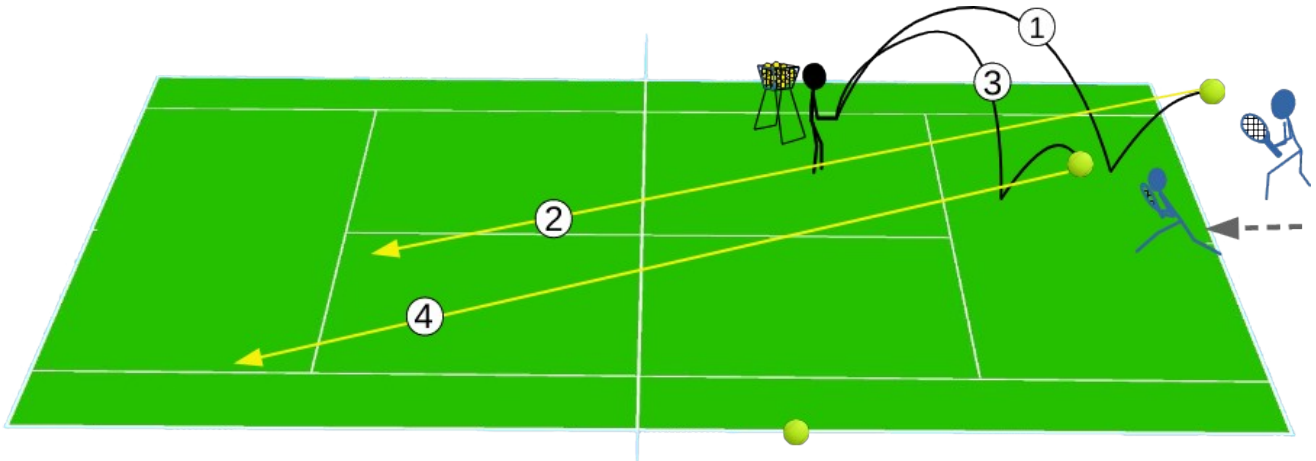


## Forehand: moving forward in the court

Category(s):	responsiveness, regularity
Level:	Yellow ball – Intermediate
Duration :	1 min
Materials:	basket of balls



Hi friends

I don't know if this happens to you often, but for a while I had trouble anticipating balls that were shorter than the others and as a result I had trouble moving forward in the field to get the ball.

This exercise will help us move forward to hit a forehand.

- 1) The coach or partner with the basket sends us a relatively high first ball
- 2) we will have to hit behind the baseline
- 3) the coach or partner sends us a second ball, this time lower and shorter, further into the court
- 4) we must enter the field and position ourselves to hit the ball.



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



<https://elouan-tennis.com>