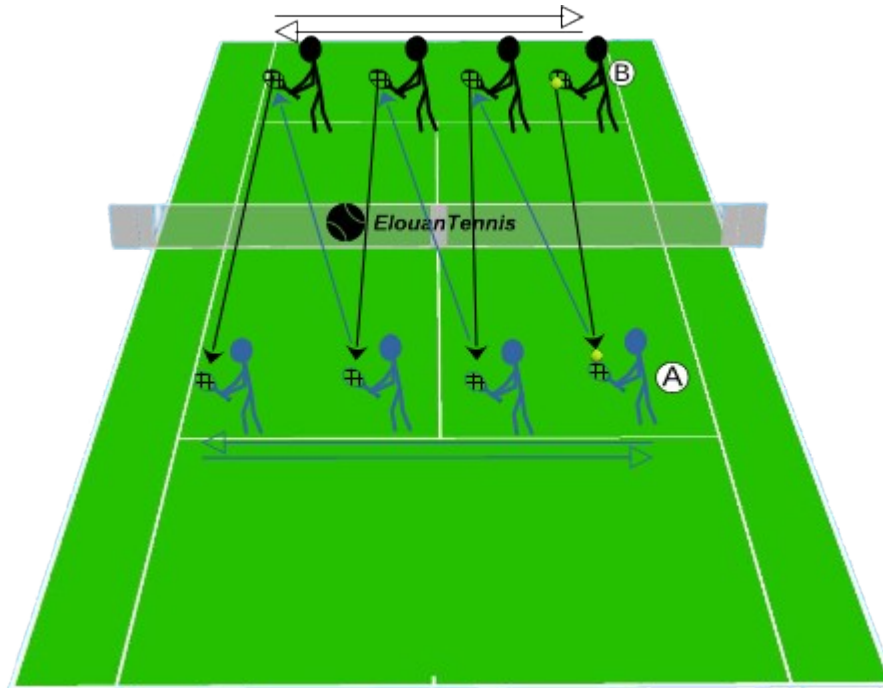


## Forehand volley with lateral movement

Category(s):	intensity, precision
Level:	Yellow ball – Intermediate
Duration :	1 min
Materials:	Plots, basket of balls



Hi friends

Here is a hot potato but super interesting exercise, often when you are on the fly you have to hit not one but two or three in a row... And often you have to move

This exercise allows you to practice hitting forehand flaps while moving:

With my partner we engage in a volley,  
and we must move from right to left while holding the volley on the forehand...

To make the exercise more enjoyable, you can turn it into a little game and tell yourself you have to do at least 15 strikes...

It's up to you guys



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



<https://elouan-tennis.com>