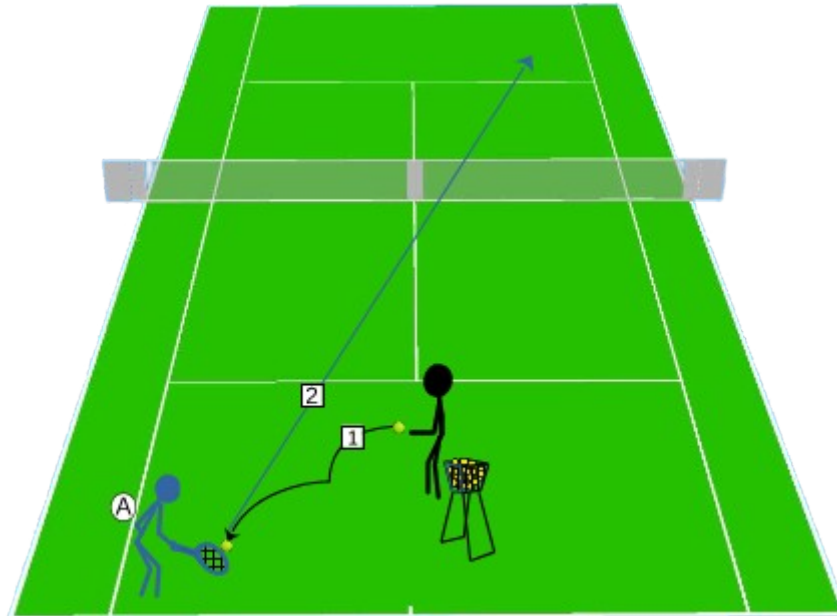


High cadence on the forehand

Category(s):	cardio, repetition, speed
Level:	Yellow ball – Intermediate
Duration :	1 min
Materials:	basket of balls



Hi

Let it be said, the repetition of a gesture allows our body to record it so that it performs better and better... It is a kind of bodily learning (a bit like writing)... Besides, remember your first forehand and compare it to your forehand today...

They are obviously not the same and for good reason you have already repeated your forehand 2000 times... You have perfected it by repeating it again and again.

This fits completely into this line:

My coach at the basket, simply drops a ball in front of me, I hit it quickly with a forehand... he drops the next one, I hit it, then the next one... everything has a relatively high cadence, much higher than the cadence of a simple exchange.

The objective of this exercise is to work on the speed of execution, and also to work on the repetition of the movement.

The balls are not very bouncy so I have to bend down to get it

The balls have no speed so I have to give speed to the ball when hitting

It's an extra exercise that's very cardio.

In short, a good exercise, we often see the pros doing it.



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



<https://elouan-tennis.com>