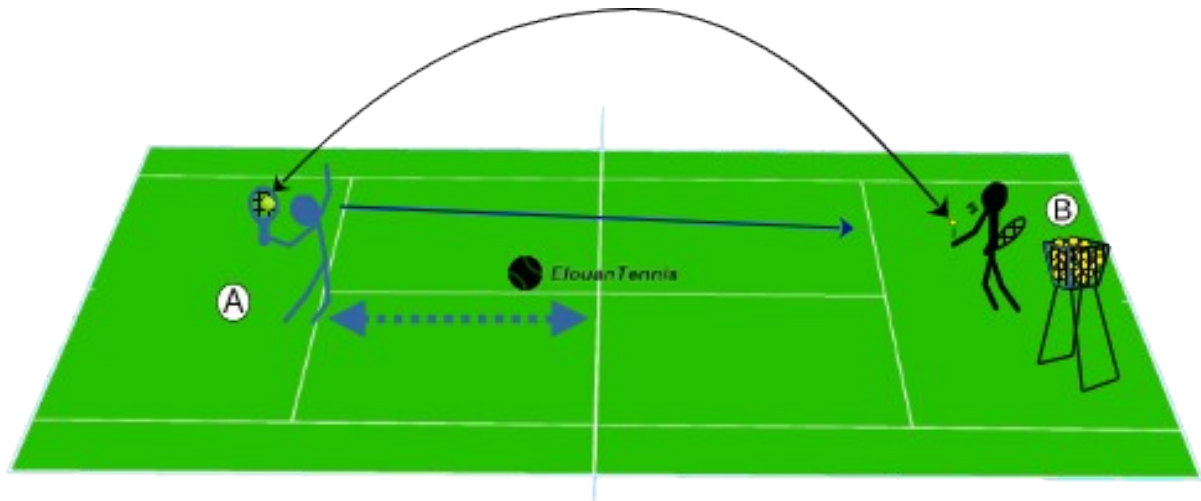


Hit a smash while going backwards

Category(s):	replacement, ball touch
Level:	Yellow ball - Intermediate
Duration :	10 min
Materials:	basket of balls



Hi friends.

Here is a situation that we are commonly faced with: We are on the volley and our opponent gives us a slightly missed lob, we will be able to smash it but we have to move back to position ourselves and hit the smash.... This is not the case. Is not necessarily easy...

Here is a basic but effective Smash training exercise to practice responding to this situation.

- I position myself at the net on the fly
- The basket coach lobs me with a ball that I can smash while moving backwards
- I step back to reposition myself and smash the ball.

We repeat the exercise, we make the basket...



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



<https://elouan-tennis.com>