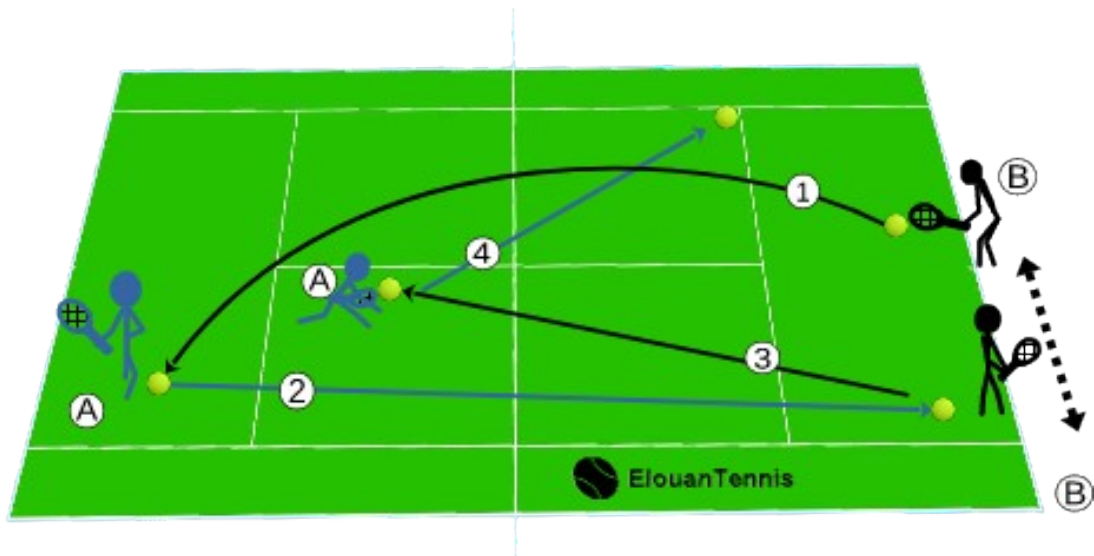


Long line attack - Backhand passing - volley

Category(s):	Area, attack
Level:	Yellow ball - Intermediate
Duration :	15 min
Materials:	-



Hi friends

Here is a very dynamic exercise which is played by 2 and which works the attack ball, the backhand passing and the volley

- 1) Player B engages the ball on A's forehand with a ball rather favorable to the attack. (Relatively short and not too powerful)
- 2) Player A enters the ball and attacks the ball long line, he therefore plays on the opponent's backhand and goes up on the volley following his attack ball.
- 3) player B attempts passing (lobe prohibited under penalty of 3 lashes lol)
- 4) Player A on the fly attempts to intercept the passing...

Then the point is decided...



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



<https://elouan-tennis.com>