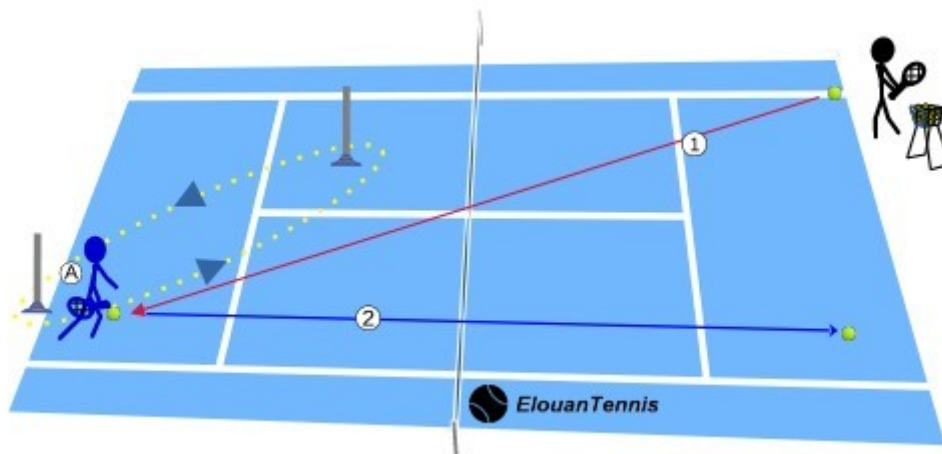


Long line forehand: Speed and timing

| | |
|--------------|----------------------------|
| Category(s): | Precision, replacement |
| Level: | Yellow ball – Intermediate |
| Duration : | 1 min |
| Materials: | Plots, basket of balls |



Hi !

Today I took part in a super intense tennis workout, but honestly, it was so cool!

- 1) My coach throws a series of balls at me.
- 2) In response, I have to return a powerful forehand down the line.

To work on my legs and my speed, I have to go around the two cones diagonally before the next ball arrives. My trainer varies the delivery of the balls to make the exercise more or less intense.

It's quite a physical challenge, but thanks to it, I'm perfecting my speed and timing on the diagonal.



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



<https://elouan-tennis.com>