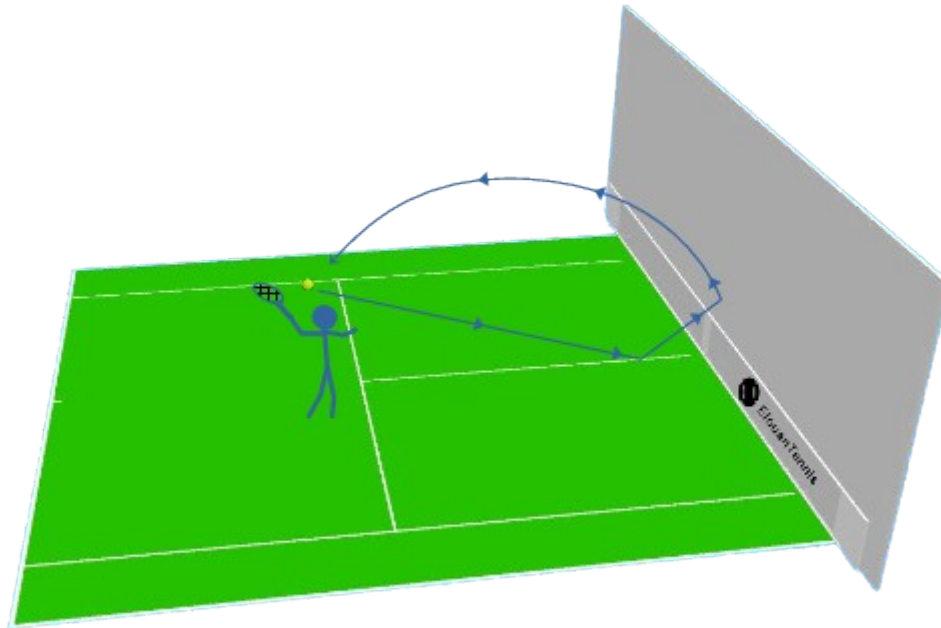


On the tennis wall, practice smashing

Category(s):	intensity
Level:	Yellow ball – Intermediate
Duration :	1 min
Materials:	



Hi friends

You want to improve your Smash, did you know that with the wall you can easily (although) train to do Smash.

Here is an interesting exercise because on the one hand it trains us in Smash, on the other hand it invites us to be relatively precise on our ball length when hitting because if you mess up you end up with the ball behind the wall...

So it's quite simple, you take your ball, smash it neither too hard nor not enough so that the ball bounces on the ground then bounces on the wall... The ball will come back into the air and you will be able to smash it again... So on... you will see that it is not as obvious as it seems



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



<https://elouan-tennis.com>