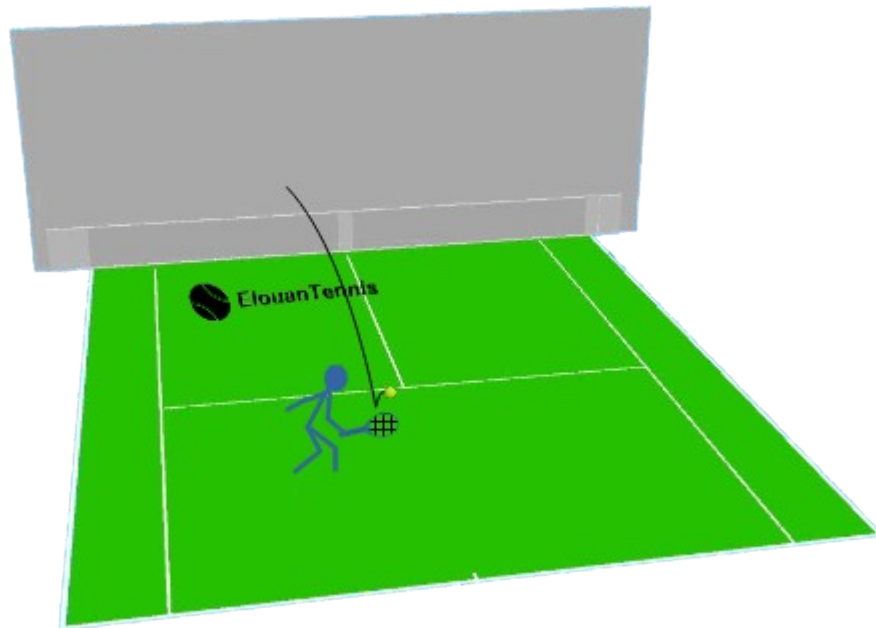


## On the wall forehand more and more powerful

|              |                                      |
|--------------|--------------------------------------|
| Category(s): | Beginner                             |
| Level:       | Yellow ball – Beginner, Intermediate |
| Duration :   | 1 min                                |
| Materials:   | -                                    |



Hi friends

A very simple exercise to train on the wall and improve your forehand;

### **Description and purpose of the exercise:**

This exercise is aimed more at beginners but can be practiced by everyone.

Player A learns to play against the tennis wall with forehands.

We gradually increase the power of the strikes to increase speed and difficulty.

Up to you !



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



<https://elouan-tennis.com>