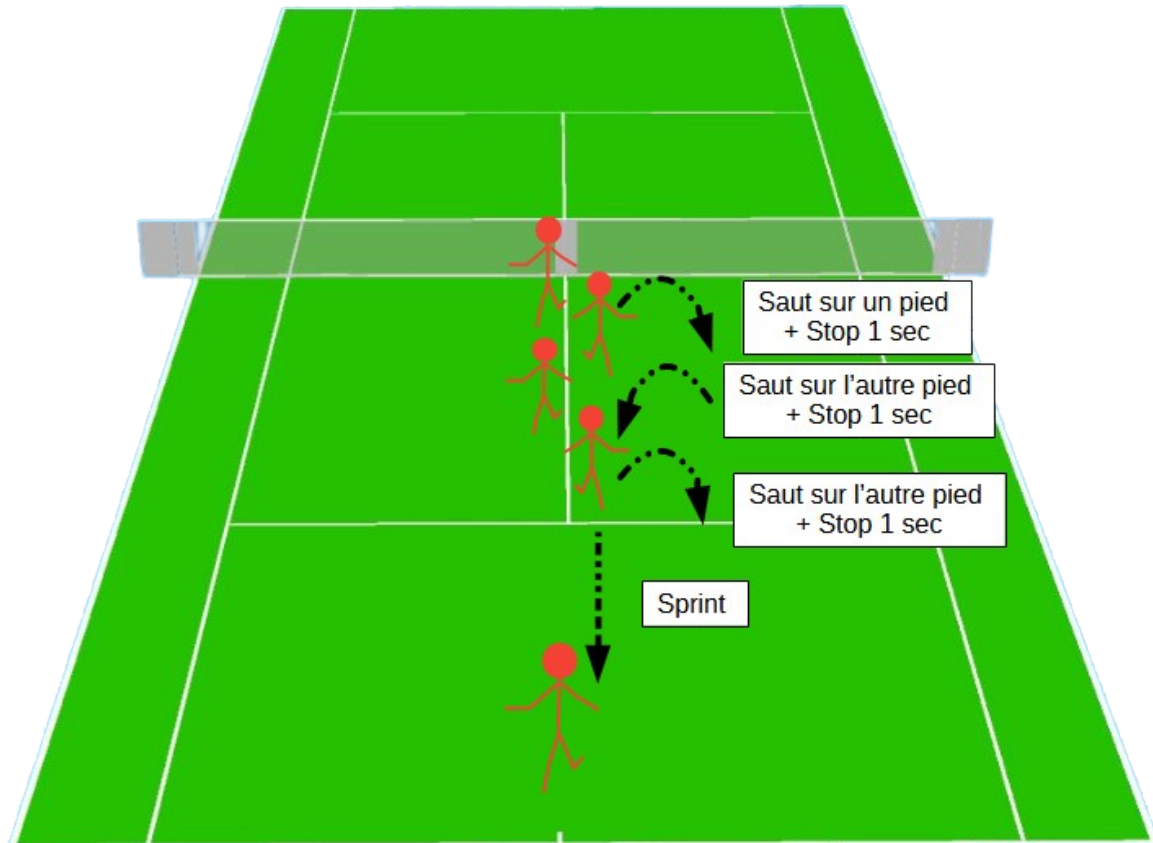


Physical exercise: Balance & Explosiveness

Category(s):	cardio, movement, intensity, speed
Level:	Yellow ball – Intermediate
Duration :	1 min
Materials:	



Hi

Here is a little physical exercise to work on balance and explosiveness.
I recommend doing four one-minute sets with a 30-second break between each set.

Progress of the exercise:

- We start from the net
- Jump from one foot to the other on each side of the line, pausing between each jump while remaining balanced on one foot.
- Arriving at the line of service squares we sprint (explosive) up to the fence



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



<https://elouan-tennis.com>