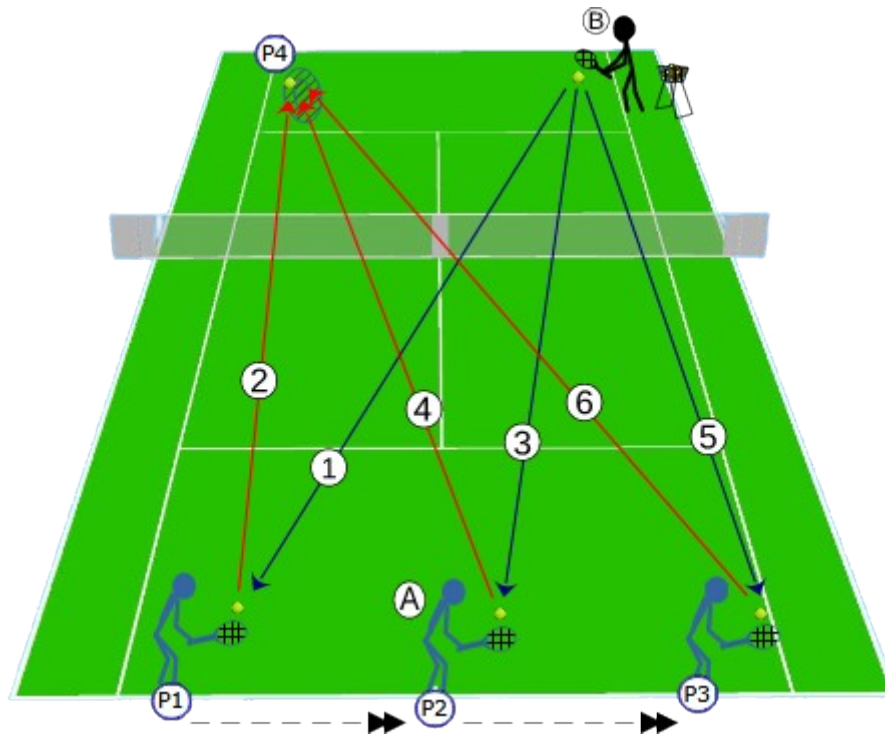


## Precision in the forehand

Category(s):	forehand, baseline, basket, Precision
Level:	Yellow ball – Intermediate
Duration :	5 min
Materials:	basket of balls



Hi

Being precise in the forehand regardless of the area of the court in which you are located to hit is the goal of this exercise.

### Description and purpose of the exercise:

The basket coach sends the balls to position P1 P2 and P  
The player must systematically return the balls to position P4

The objective is to gain precision on your forehand by being in different positions on the court



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



<https://elouan-tennis.com>