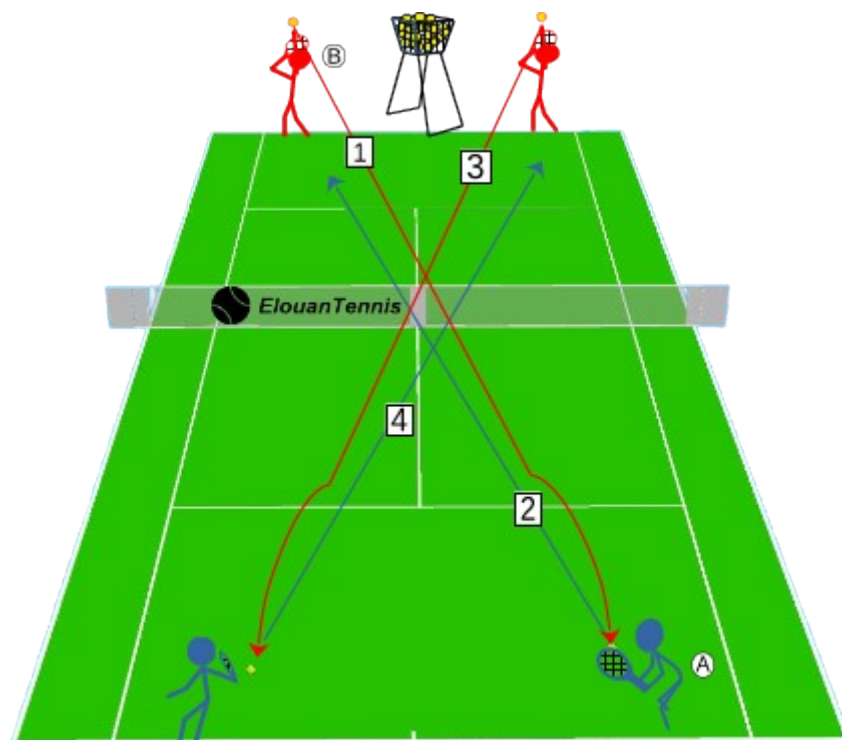


Return a flat service

Category(s):	Explosiveness, reactivity
Level:	Yellow ball – Intermediate
Duration :	1 min
Materials:	basket of balls



Hi friends

The return of serve is a super important point in the game when you start to move up in ranking. Indeed the servers are getting better and better and having good service gives a great advantage... When we are in the position of the returner we can counter this advantage if we are a good returner. In this simple exercise I suggest you work on the return of service

The partner or coach will serve flat on the forehand side on the backhand side, and we practice returning flat serves.



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



<https://elouan-tennis.com>