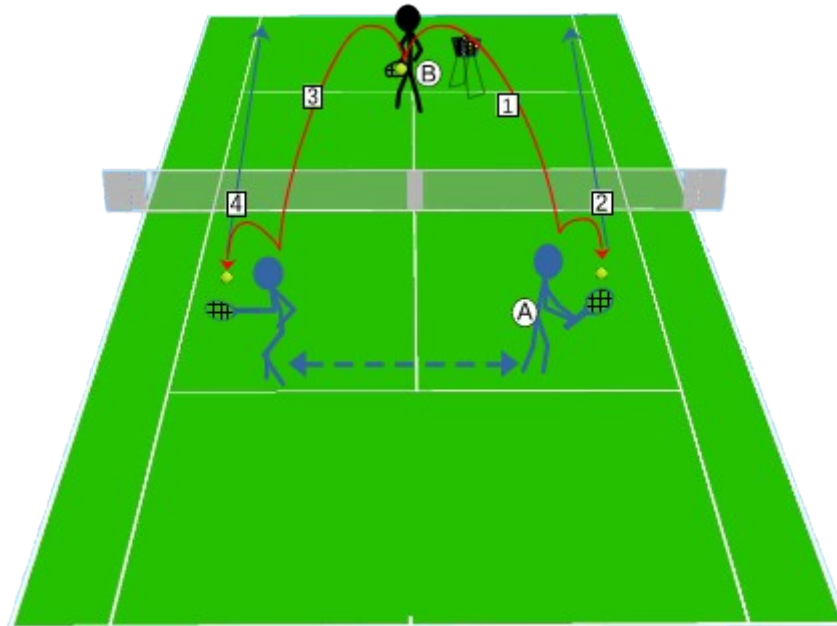


## Return long line on a short ball

Category(s):	attack, Precision, repetition, Area
Level:	Yellow ball - Intermediate
Duration :	5 min
Materials:	basket of balls



Hi friends

Here is a little exercise at the basket to train us to return long line short balls that arrive on our forehand or on our backhand

### Progress of the exercise:

It's quite simple:

- The basket coach sends us a short and favorable ball on the forehand side, we attack by trying to play long line
- Then the coach sends us a favorable short ball on the backhand side in attack while trying to play long line

It's up to you guys



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



<https://elouan-tennis.com>