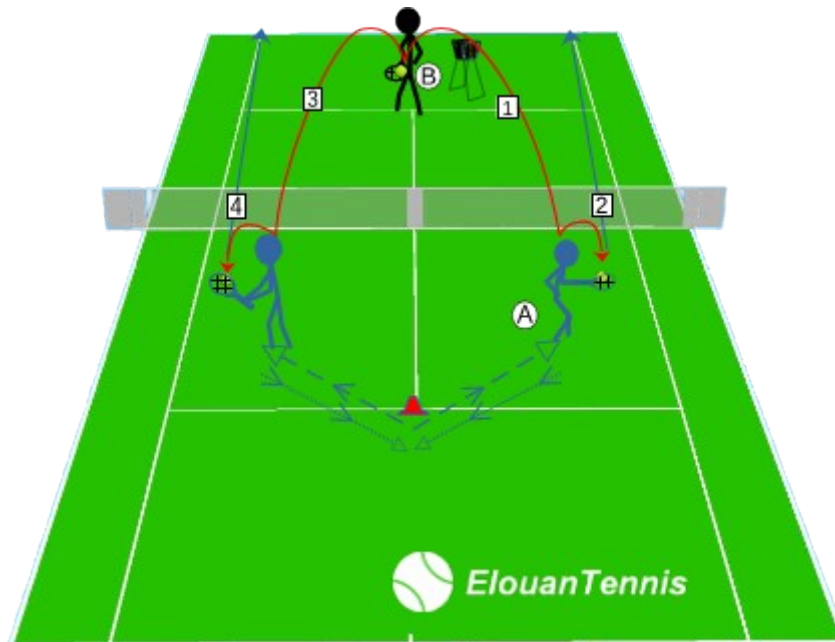


Returning a short, inconsistent ball

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



Hi friends

I think it happened to you, as it happens to all of us, to find yourself facing an opponent who gives you soft balls without consistency, balls that have no speed to rely on to return.

This little exercise allows us to work on this type of ball.

The coach (B) with the basket stands approximately in the middle of the field, he spoons balls at us which bounce not very far behind the net

It's up to us to return his balls.

First ball on the forehand

Second ball on the backhand after returning to the cone

And we continue...



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



<https://elouan-tennis.com>