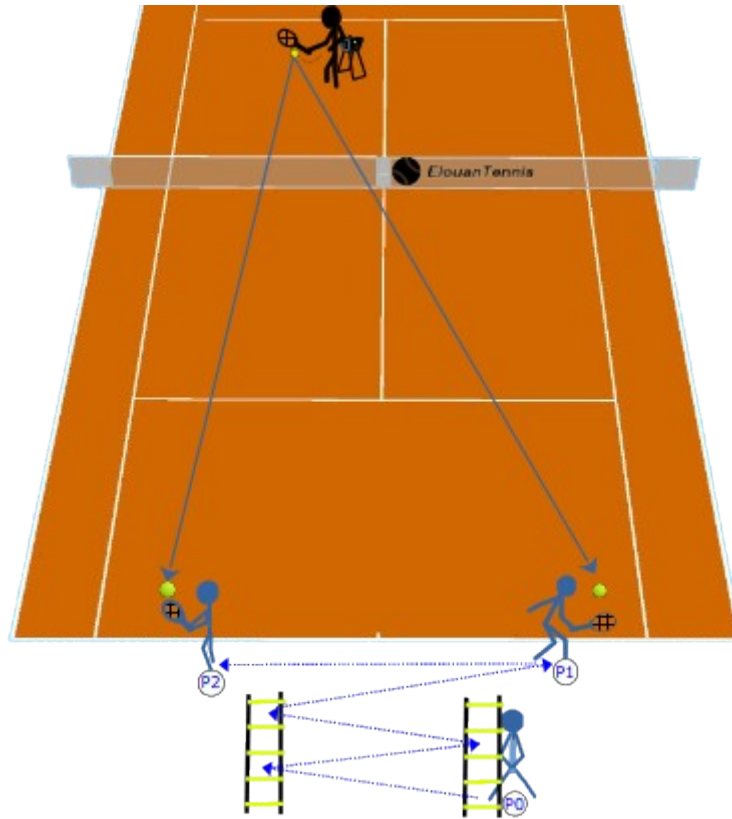


Rhythm scale - Forehand and backhand sequence

Category(s):	cardio, defense, endurance
Level:	Yellow ball – Intermediate
Duration :	5 min
Materials:	basket of balls, Rhythm scale



Hi friends

Getting into the hard stuff before hitting a ball is a bit the idea of this exercise... A comparison with a real situation: a rally that lasts 7 or 8 strikes we start to get out of breath and we have to hit a good shot...

Here is an exercise that can put you in this kind of situation

- With two rhythm scales I start from position 0 and I go back and forth between the two rhythm scales
- Then I'm going to hit a ball in position 1
- Then I'm going to hit a ball in position 2 on my backhand

The coach sends the balls at the right time of course

It's up to you guys !



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



<https://elouan-tennis.com>