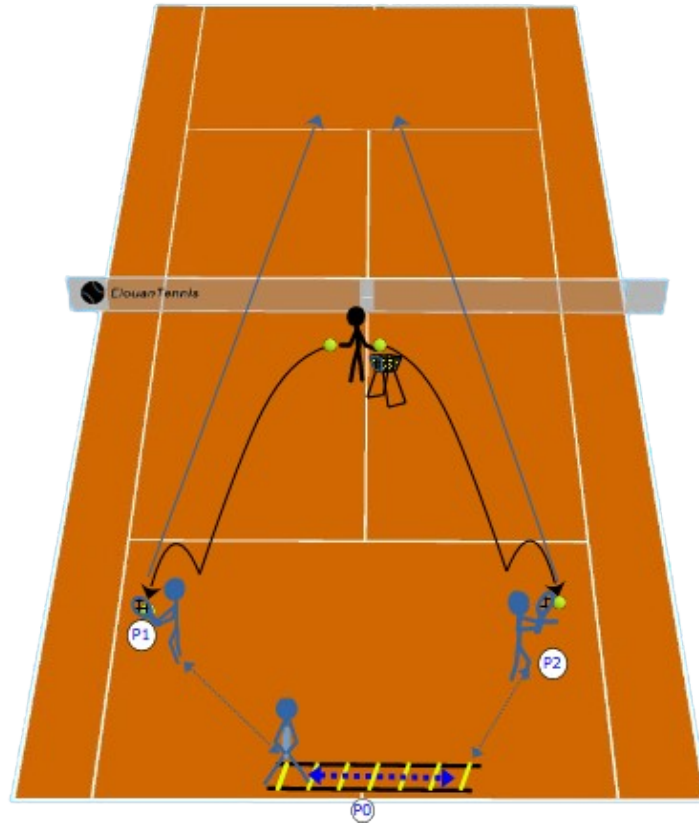


Rhythm scale and strike

Category(s):	Cardio
Level:	Yellow ball – Intermediate
Duration :	1 min
Materials:	basket of balls, Rhythm scale



Hi friends

It seems that you have to suffer to be beautiful... This little exercise with the rhythm scale allows you to be beautiful ;)

He's going to put us in a situation where we're going to be tough and we're going to hit a ball with a forehand or a backhand. The first balls will be easy, you will see that after 5 or 6 bullets it starts to pull a little...

Progress of the exercise:

- We place a pace scale at the bottom of the course at the service T level.
- I do the pace ladder in one direction then my coach sends a ball to my forehand and I hit it
- I go back to the pace ladder and do it the other way then my coach sends a ball to my backhand and I hit it

And we start again



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



<https://elouan-tennis.com>