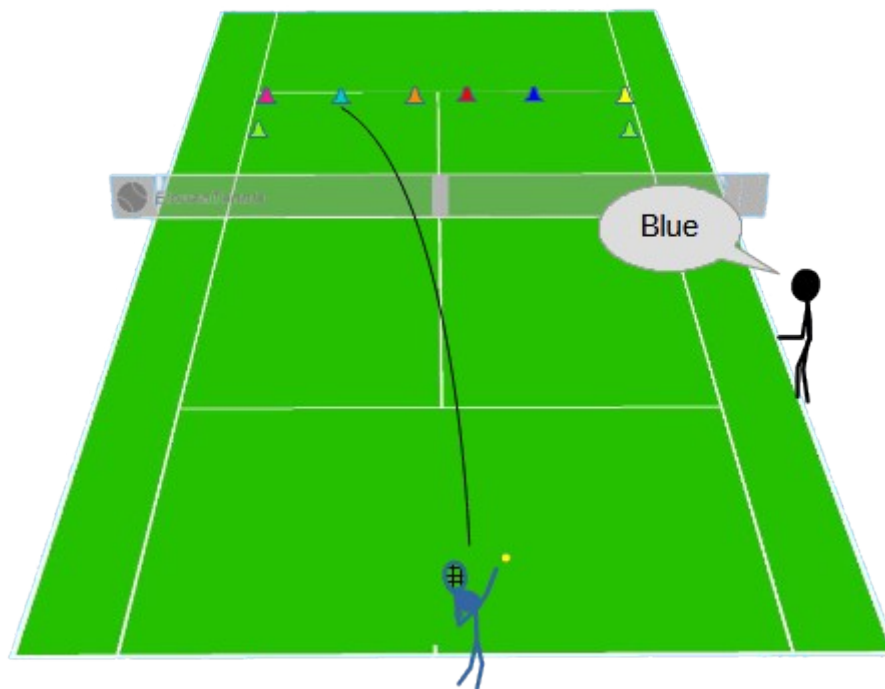


Serve on a designated target

Category(s):	Precision
Level:	Yellow ball – Intermediate
Duration :	1 min
Materials:	Plots



Hi friends

Did you serve on a target? Are you precise enough to hit it every time?

With this exercise you will be able to train on the serve and become more and more precise.

I do a series of services that have been pre-placed in the service areas.

My trainer points to a target, it's up to me to touch it (or at least target the area)

If you are an average server, I recommend that you make a serving basket at each of your training sessions... And if possible several times a week



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



<https://elouan-tennis.com>