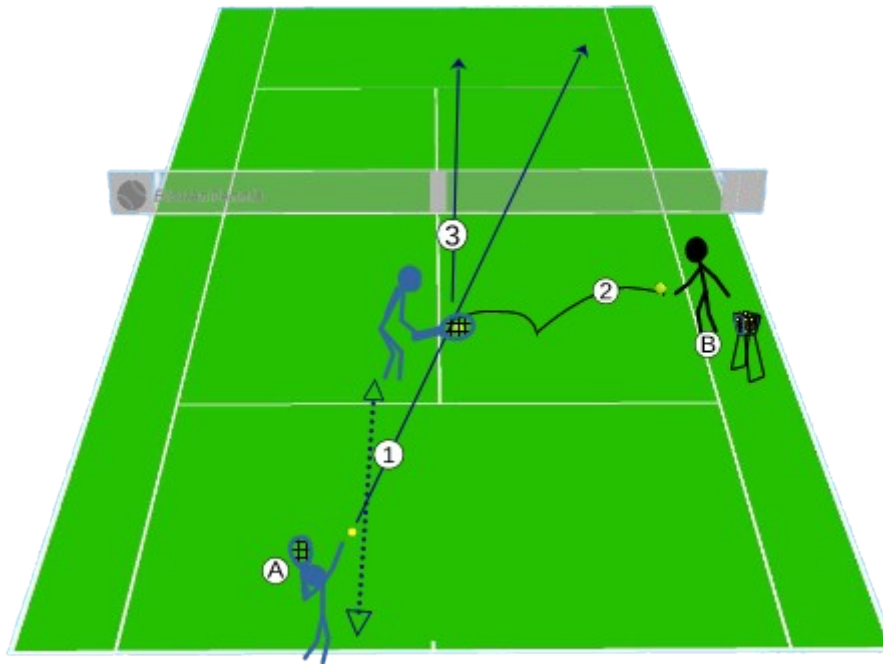


Serve then attack

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



Hi friends

In this exercise I suggest you practice serving, then follow with a forehand attack. We put ourselves in a situation where following a good serve we obtain a favorable ball which we will be able to attack

This exercise allows you to repeat this situation.

- 1) First we serve a ball,
- 2) the partner or coach at the basket bounces a favorable ball for us to attack
- 3) We attack the ball



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



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