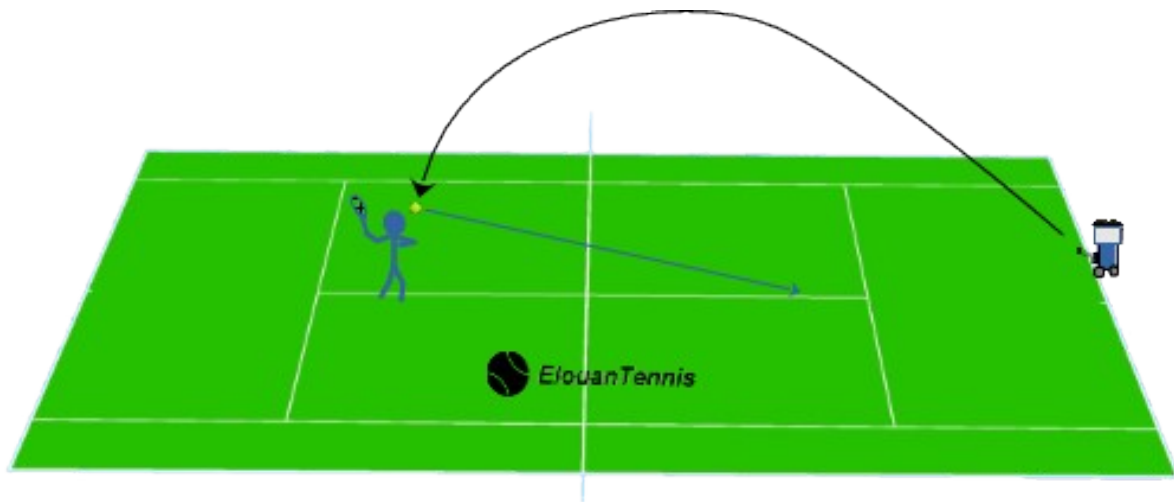


Simple smash with the ball machine

Category(s):	regularity
Level:	Yellow ball – Intermediate
Duration :	1 min
Materials:	Ball machine



Hi friends

The smash... What satisfaction when it happens... What filtration when you put it in the net... I have two or three pieces of advice to give you so that you can improve your Smash success percentage.

First don't think about the net, think about the area you want to hit

Second go with confidence, tell yourself I will succeed in my Smash (believing in yourself is important in tennis)

Finally hitting your smash without hesitation... Kaboum!

With a ball machine you can practice Smash very well, however often ball machines do not have the right angle... Little tip I put some boards under the machine to raise it.

This exercise, the machine systematically sends us the same ball to the center and you practice smashing with complete confidence...

Do 100...200 if necessary... Then repeat the exercise several times, over a few months... You will see afterwards your Smash will go from 50% success to 60% then 80%. ...

Afterwards you can improve this exercise by targeting areas, and varying where you hit.



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



<https://elouan-tennis.com>