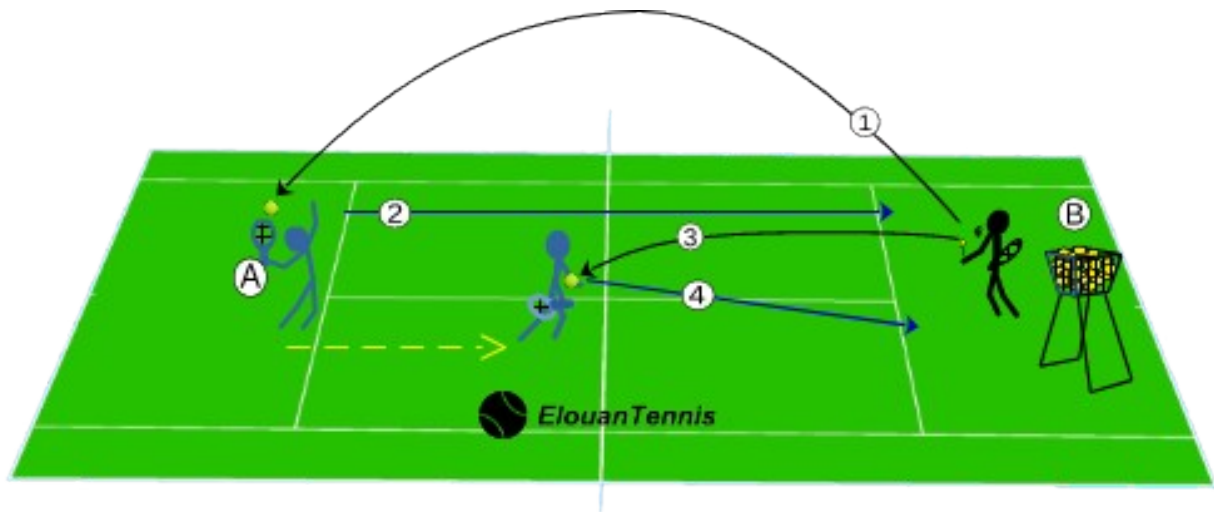


Smash followed by a volley

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



Hi friends,

Here is an interesting exercise because it will allow us to practice both smash and volleying. Often in a match we are for example in a situation of doing a smash from the middle of the field then we follow our ball to go up on the volley in case the opponent returns our smash we may have to finish on the volley.

Here is an exercise that reproduces this situation a little and which therefore allows us to practice

The partner sends us a first lobbing ball which we will smash from around midfield.

We follow the ball and we go up to the net, the partner returns the ball to us this time on the volley
We return the ball.



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



<https://elouan-tennis.com>