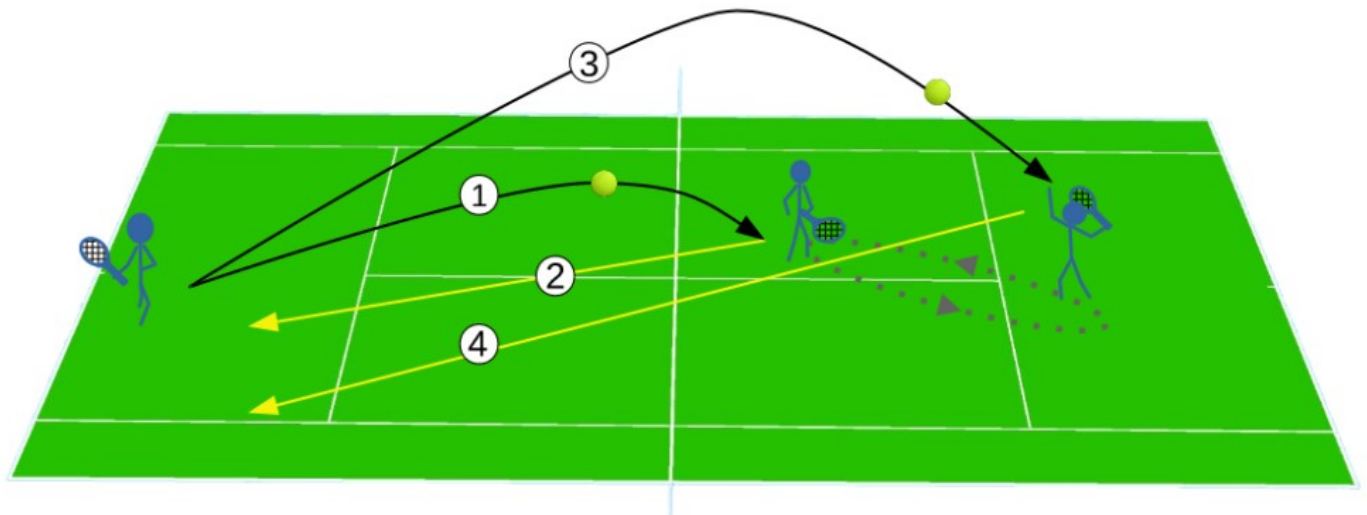


Smash on a lob

Category(s):	movement
Level:	Yellow ball – Intermediate
Duration :	1 min
Materials:	-



Hi friends

How many times in a match have you found yourself with a lob to move back, be on top of it, smash it and throw it into the net... hate I swear hate lol

Here is an exercise that allows you to improve your Smash performance.

- 1) My partner or coach volleys a first ball.
- 2) I turn it on him
- 3) my coaching partner lobs me, he deliberately makes a lob which will make me step back and which I will be able to smash...
- 4) I step back, position myself and I'm going to do the smash...

Excellent scenario training



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



<https://elouan-tennis.com>