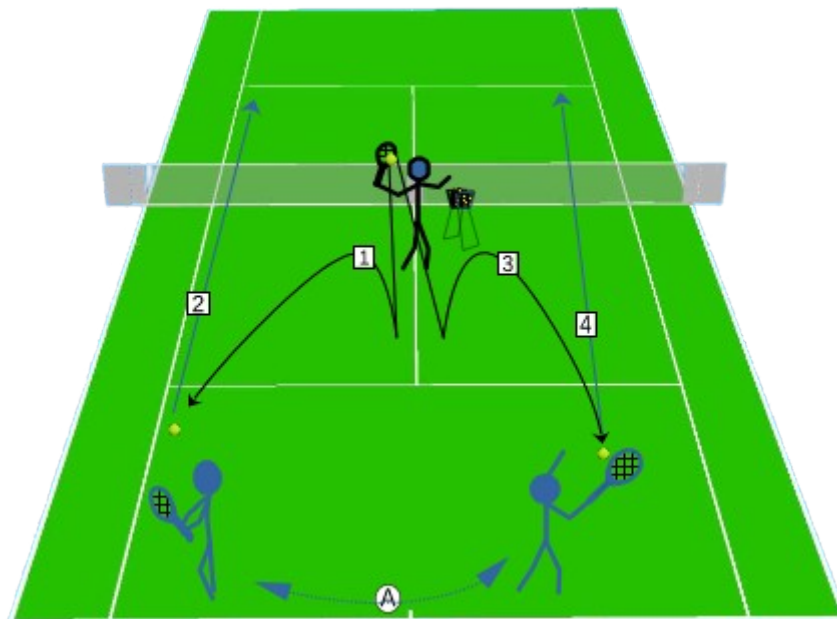


Tennis exercise: High intensity high ball

Category(s):	cardio, movement, intensity, speed
Level:	Yellow ball – Intermediate
Duration :	1 min
Materials:	basket of balls



Hi

In the series of intense exercises here is a very interesting one which will allow you to hit high balls, you know it's a very boring ball and very annoying you arrive well above our shoulder and which we have difficulty putting back... It smells like a good little exercise

Organization of the exercise:

- 1) The coach hits a ball on the ground so that it bounces over my backhand shoulder
- 2) I position myself and hit the ball
- 3) Hit a ball on the ground so that it bounces above my forehand side shoulder
- 4) I position myself and hit the ball

And again, and again... and you know what....
Well again lol... then...



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



<https://elouan-tennis.com>