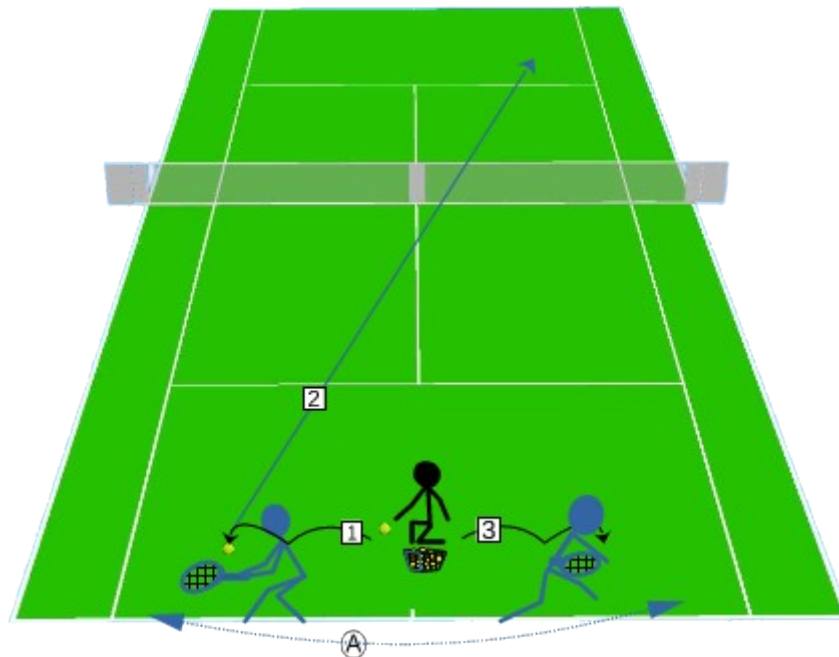


Tennis exercise: Low ball in cadence

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



Hi

If you like sports exercises that put you in the red and make you repeat the movements well, this one is for you. Personally I really like this exercise because you really have the feeling of working when you perform it.

Description and purpose of the exercise:

This exercise aims to improve forehand and backhand hitting with low balls.

The coach at the basket alternates between low ball on the backhand side and low ball on the forehand side at a relatively high pace

- I move and I strike
- I move and I strike
- I move and I strike
- I move my legs well, leg well down...

Great exercise



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



<https://elouan-tennis.com>