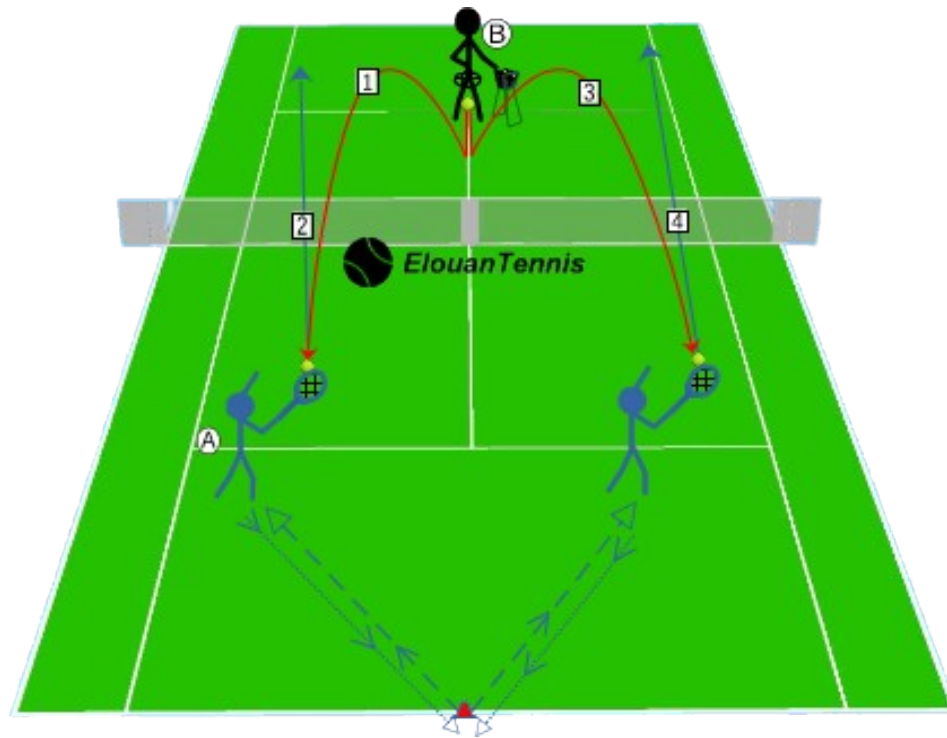


Topspin volley training

Category(s):	precision
Level:	Yellow ball - Intermediate
Duration :	10 min
Materials:	basket of balls, plots



Hi

On this exercise I offer you training on a very enjoyable shot when it passes: the topspin volley.

- The coach on ball basket bounces the ball in his part of the court so that the ball arrives in our court in a favorable position for a topspin volley.
- We start from the red plot and we enter the ball to hit the topspin volley,
- Then we return to the red plot to hit another topspin volley
- We alternate on the forehand side/backhand side

We will favor a forehand strike and a forehand offset, but why not a backhand topspin volley...



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



<https://elouan-tennis.com>