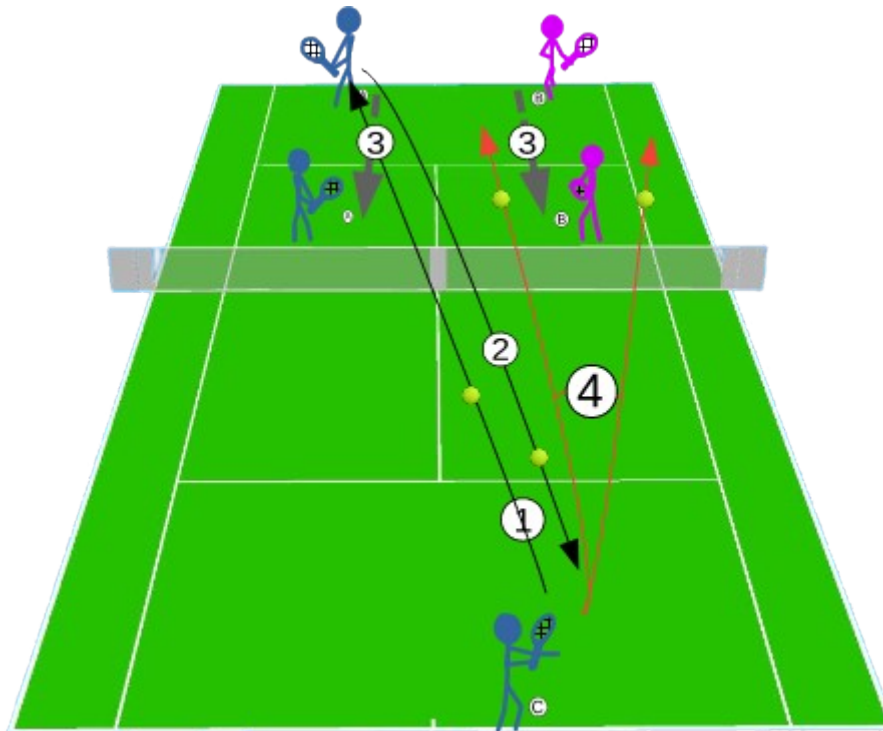


Training exercise for volleying and passing

Category(s):	3 players, passing, volley
Level:	Yellow ball – Intermediate
Duration :	1 min
Materials:	-



Hi

One of the particularities of this exercise: it is played by 3, and you will notice that many exercises are played by two or 4 but that there are fewer with 3.

In short, it's a super nice exercise that allows you to work on volleying for two players and passing for a third.

Organization of the exercise:

- Players A and B play as a team against C
- They start from the back of the course
- 1- C engages a ball on A or B
- 2 A or B returns the ball and 3 quickly goes to the net
- 4 C hits the passing (lob prohibited) then the point is played. (Player C has the right to play in the lanes)

With this exercise players A and B practice on the volley. The player is practicing passing.



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



<https://elouan-tennis.com>