

Variations on the forehand

Category(s):	movement, intensity, repetition
Level:	Yellow ball – Intermediate
Duration :	10 min
Materials:	basket of balls, plot



Hi friends

It's going to have hit a forehand is good, knowing how to hit a forehand from almost anywhere on the court is better. To hit and connect forehands from anywhere on the court it's even better. Here is a little exercise that will allow us to practice hitting the forehand and will allow us to work on movement and preparation.

The coach stands on the side of the field with the basket and sends us the balls into the different zones indicated

It's up to us to move, to move; position yourself well and return well with our forehand. On the 4th ball, the coach bounces the ball for a smash or topspin volley.



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



<https://elouan-tennis.com>