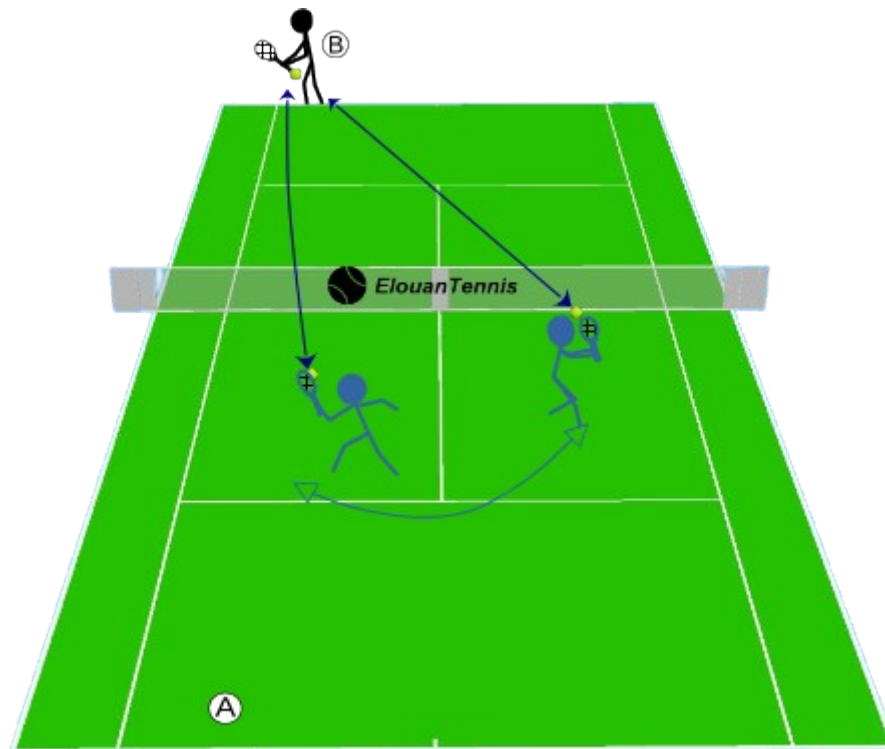


Volley on an opposing passing shot from the forehand angle

Category(s):	reflex, volley
Level:	Yellow ball - Intermediate
Duration :	10 min
Materials:	-



Hi

To be complete on the fly you have to know how to handle all types of balls.

In this exercise we simulate the situation where the opponent will negotiate a passing shot from his forehand.

He can attempt a long line

He can try a cross court

It's up to me to negotiate on the fly ;)



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



<https://elouan-tennis.com>