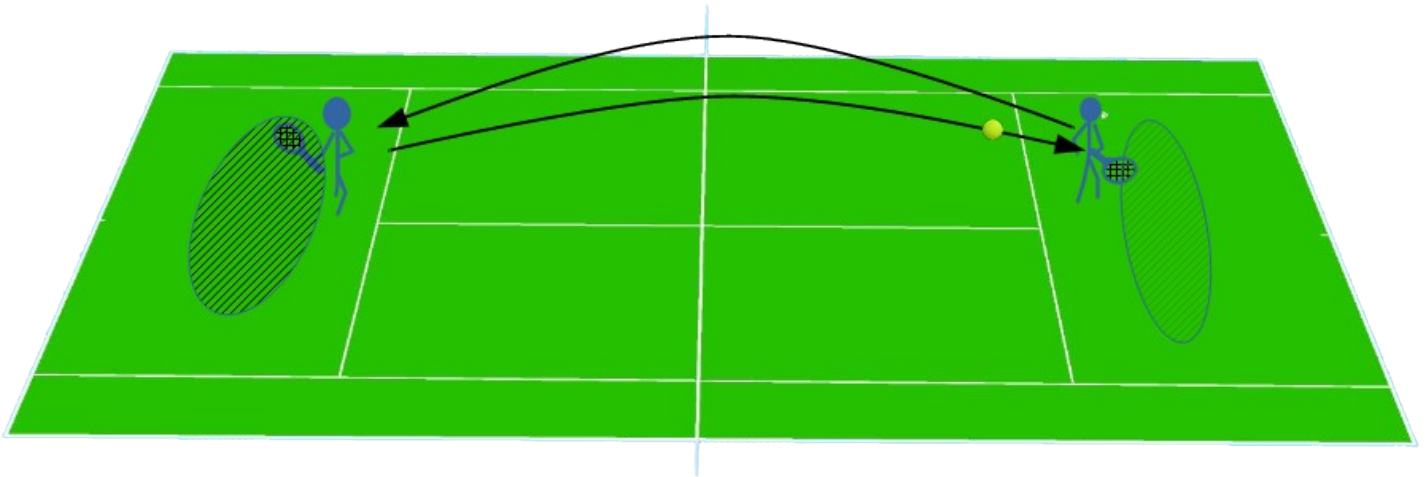


Volley training & approach volley

Category(s):	touch of the ball
Level:	Yellow ball – Intermediate
Duration :	5 min
Materials:	-



Hi friends

Come on, here's a pretty nice little exercise to train you on the fly and she's an approach fly. It's quite simple, with my partner we position ourselves on the line of the service squares or even a little behind the line of the service squares, Then let's play on the volley: volley / volley
The idea is to aim behind the volley player in the areas marked on the figure.
As we are behind the line of the service squares the shutters are longer than that which we make in the service squares. These are approach components.

5 to 10 minutes of this exercise at the start of a training session allows you to repeat the gesture, while warming up.

It's a pretty cool exercise that I practice relatively often.



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



<https://elouan-tennis.com>