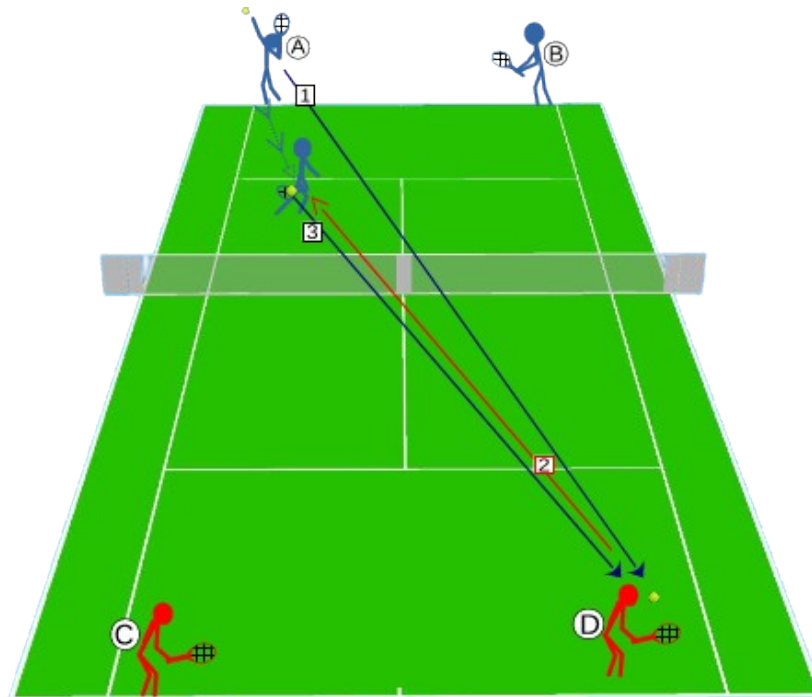


## Volley training for 4 players

Category(s):	attack, Precision, volley, four, Zone
Level:	Yellow ball – Intermediate
Duration :	5 min
Materials:	-



Hi

If you like the stolen serve, this exercise is for you.

It has the advantage of being able to play 4 players at a relatively high pace so that he hits a lot of the ball on serve and on the volley.

In this exercise the players are partners and not opponents.

### Description and purpose of the exercise:

- A and D attack first,
- A serves the ball and goes up to the net
- D voluntarily returns to a to make him play on the fly
- A and D thus exchange as partners (volley / forehand) When the point is scored, it is around B and C to do the same thing in the other diagonal.

Every 5 minutes we rotate the players.



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



<https://elouan-tennis.com>