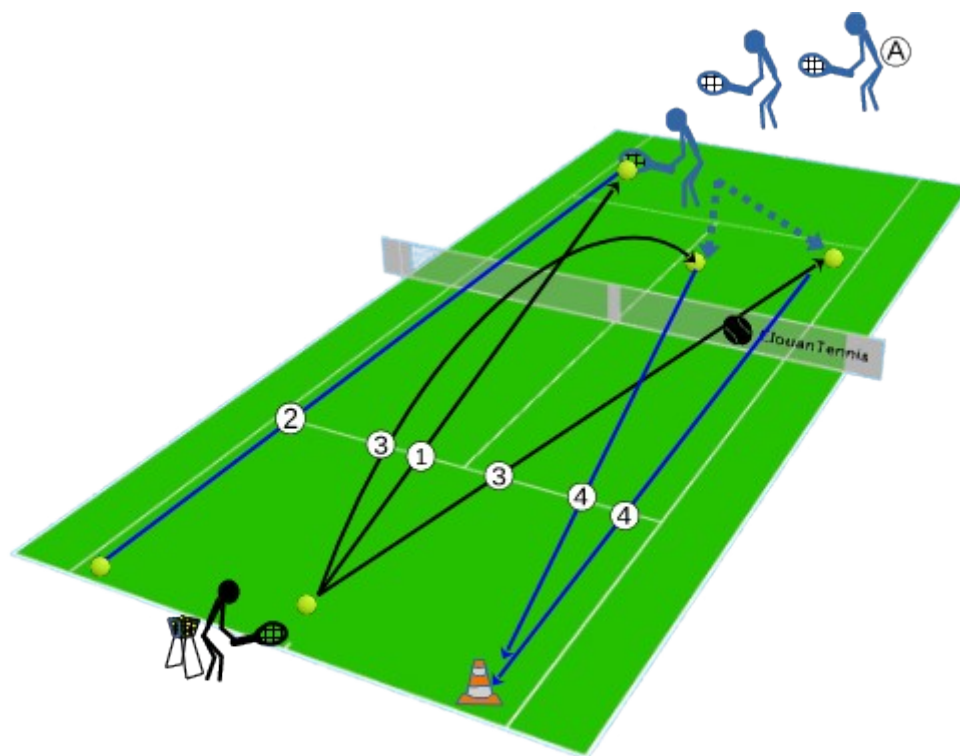


Collective: Forehand then attack with your backhand

Category(s):	Area, attack, Explosiveness, reactivity
Level:	Yellow ball - Intermediate
Duration :	15 min
Materials:	Plots



Hi friends

Here is an exercise for group court which allows the player to practice hitting 2 balls successively.

Organization of the exercise:

- The coach with the ball basket provides a ball to the player's forehand
- The player returns this first ball long line
- The coach provides a 2nd ball of your choice; Either short and in the center or short and on the reverse
- The player must react quickly to position himself and return the 2nd ball long line

We move on to player B then C...

It's your turn as a player !



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



<https://elouan-tennis.com>