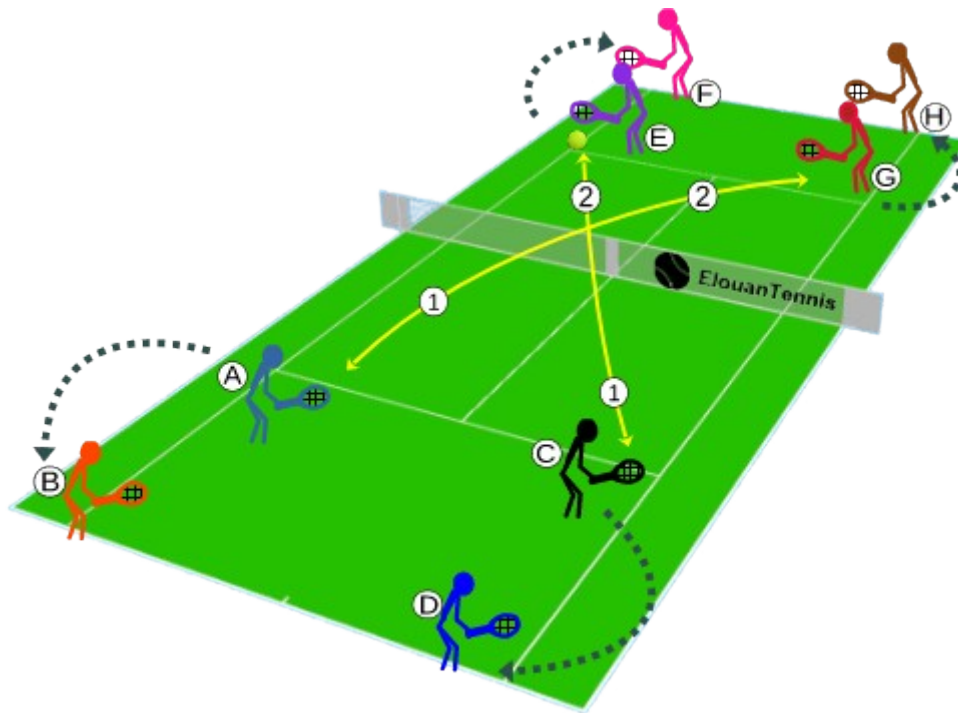


## Collective tennis exercise - We hit and we switch

Category(s):	Precision
Level:	Yellow ball - Intermediate
Duration :	10 min
Materials:	-



Hi friends !

Here is an exercise for a group lesson for 8 players which requires players to apply a certain amount of application in making strikes

### Organization of the exercise:

The first 4 players play diagonally forehand in groups of 2: Each player hits a ball as a partner diagonally and leaves room for their teammate... On one side of the field the players hit the ball twice in a row , on the other side of the field the players only hit the ball once before turning.

On the other diagonal we do the same thing on the backhand side with the other 4 players.



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



<https://elouan-tennis.com>