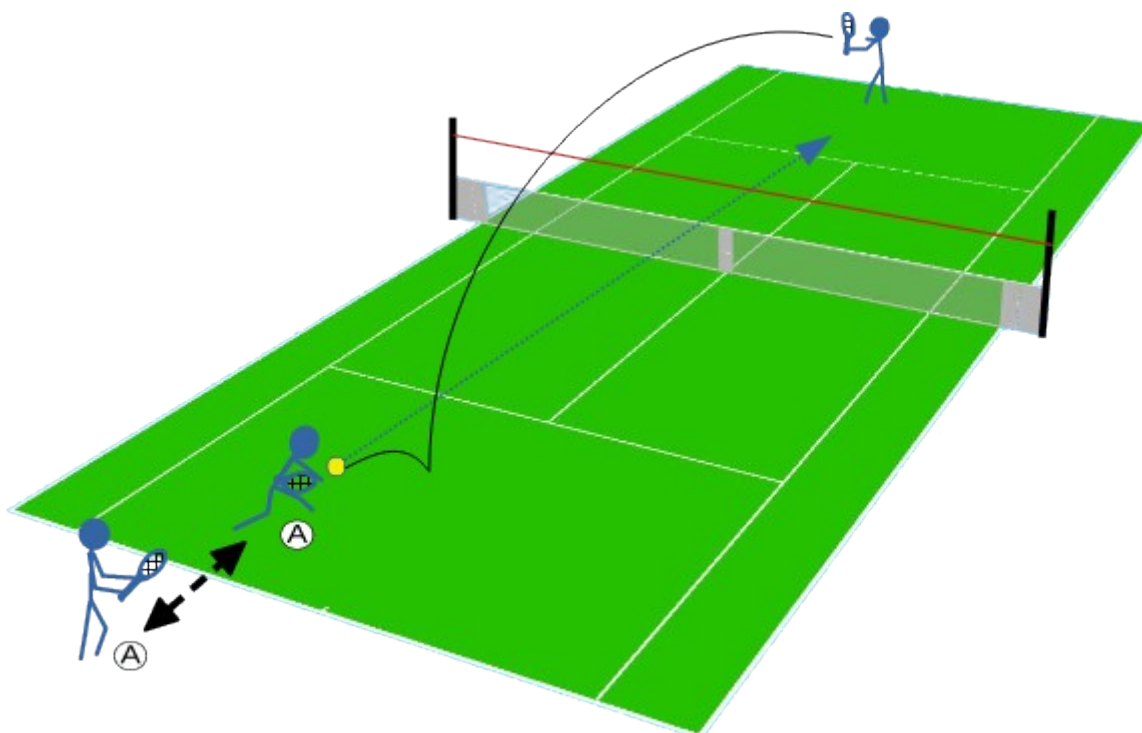


## One takes the ball early, the other plays regularity

Category(s):	coordination, regularity
Level:	Yellow ball - Intermediate
Duration :	10 min
Materials:	-

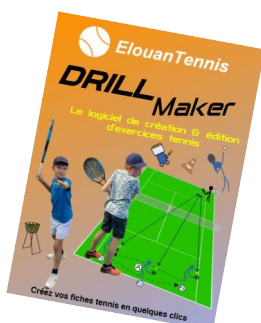


Hi friends

In this little exercise I suggest you work with a partner on a diagram which will allow one of the two players to gain regularity and the other player to practice taking the ball early.

### Organization of the exercise:

- An elastic band was installed approximately 80 cm above the net.
- Player A must try with each shot to enter the field to take the ball early (in its ascending phase after the rebound) and attack with a tight and grazing shot.
- His partner opposite must give him the balls by passing over the elastic while scratching it (lift). We play 5 minutes like that then we reverse the roles.



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



<https://elouan-tennis.com>