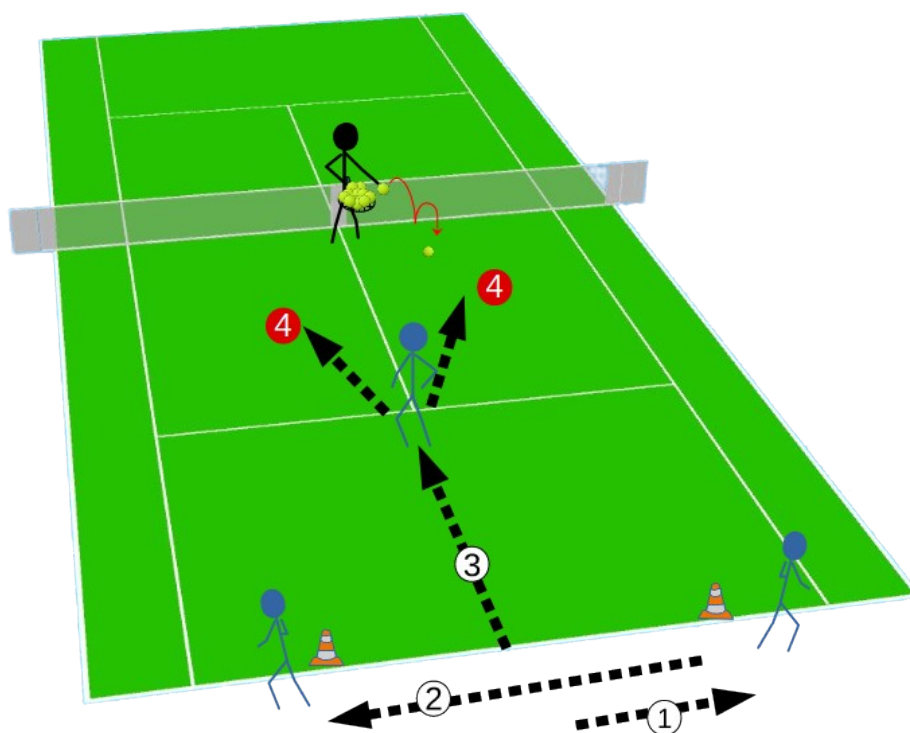


## Physical Exercise - Legs and reflexes

Category(s):	cardio, Explosiveness, reactivity
Level:	Red ball, Green ball, Yellow ball - Beginner, Intermediate, Confirmed
Duration :	10 min
Materials:	Elastic, Studs, Basket of balls



Hi friends

To improve your speed of execution, work a little on your footwork and reflexes, this little exercise is not bad at all.

### Progress of the exercise:

- 1) The player (without his racket) starts from the service T, rushes forward and simulates a forehand strike.
- 2) The player rushes to the backhand side to simulate a backhand and returns to the center
- 3) The player goes to the net
- 4) The coach sends a ball to Hazard to the right or left, and the player must catch it before the 2nd bounce

We repeat the sequence.... for 10 min...



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



<https://elouan-tennis.com>