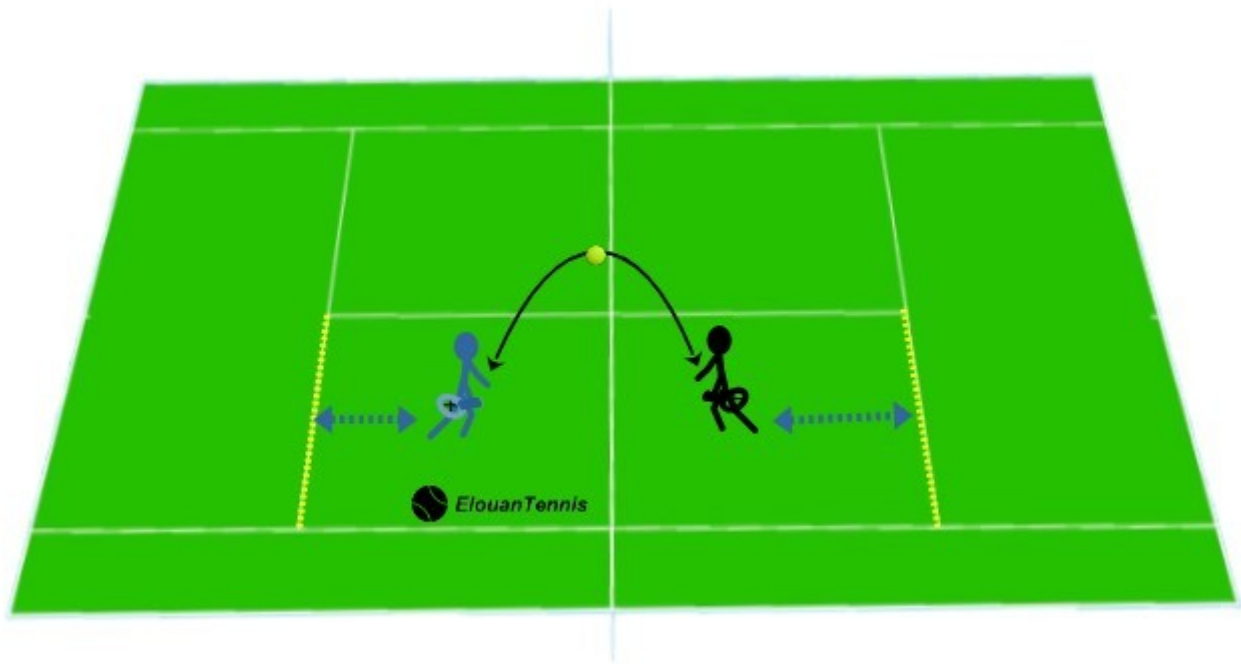


Play in the service squares to warm up

Catégorie(s) :	warm-up, touch of the ball, volley
Niveau :	Yellow ball – Intermediate, confirmed
Durée :	5 min
Matériels :	-



Hi

Warming up is important and it can also be fun.

Here is a nice little game which has the merit of participating in the warm-up and which also allows you to work on ball touch and cushioning.

It's quite simple, 7-point game in the service squares (on a half court).

Between each strike you have to touch the line of the service squares with your racket. (The video demo is more telling than the drawing).



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



<https://elouan-tennis.com>