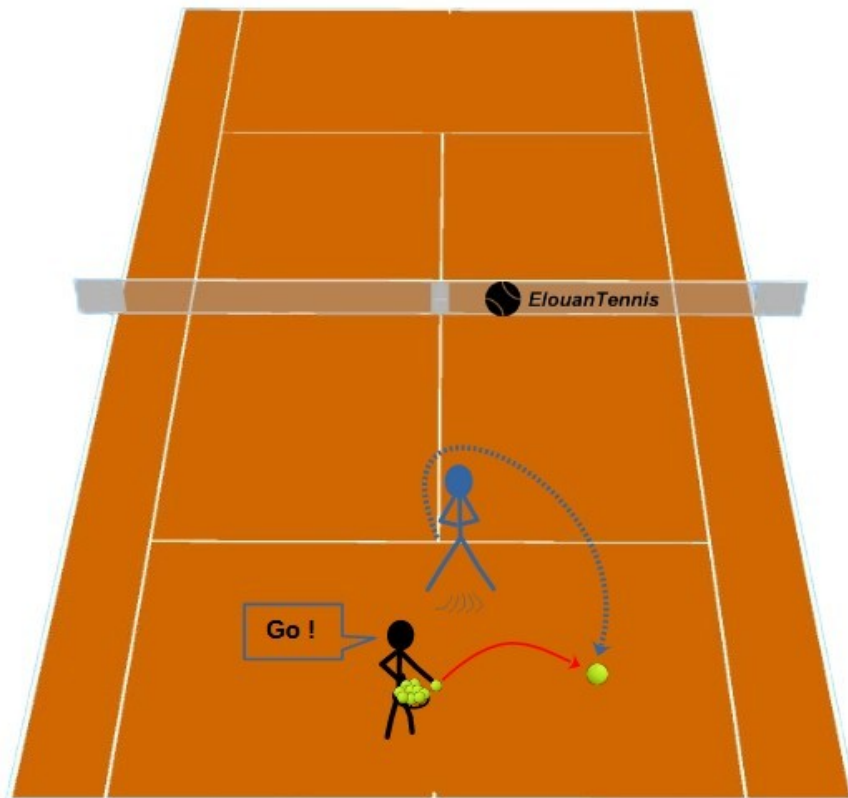


Reactivity - reflex

Catégorie(s) :	Agility, warm-up, Explosiveness, reflex
Niveau :	Yellow ball – Intermediate
Durée :	5 min
Matériels :	



Hi

Here is a relatively simple little exercise to work on your reactivity and reflexes.

- 1) My back is to my partner/coach
- 2) he throws me a ball somewhere in an area and says "GO"
- 3) I jump I turn around then I will catch the ball between its first and second bounce



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



<https://elouan-tennis.com>