

Tennis Agility Explosivity Exercise 1

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



Hi

In this simple exercise I work on agility and explosiveness.

4 balls are placed in a square, towards the baseline.

I have to go touch ball number 1 then number 2 then ball number 3 then ball number 4 then rush as quickly as possible to hit the net

I'll come back and start again.

4 sessions of 1 minute with 45 seconds of rest between each session.



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



<https://elouan-tennis.com>