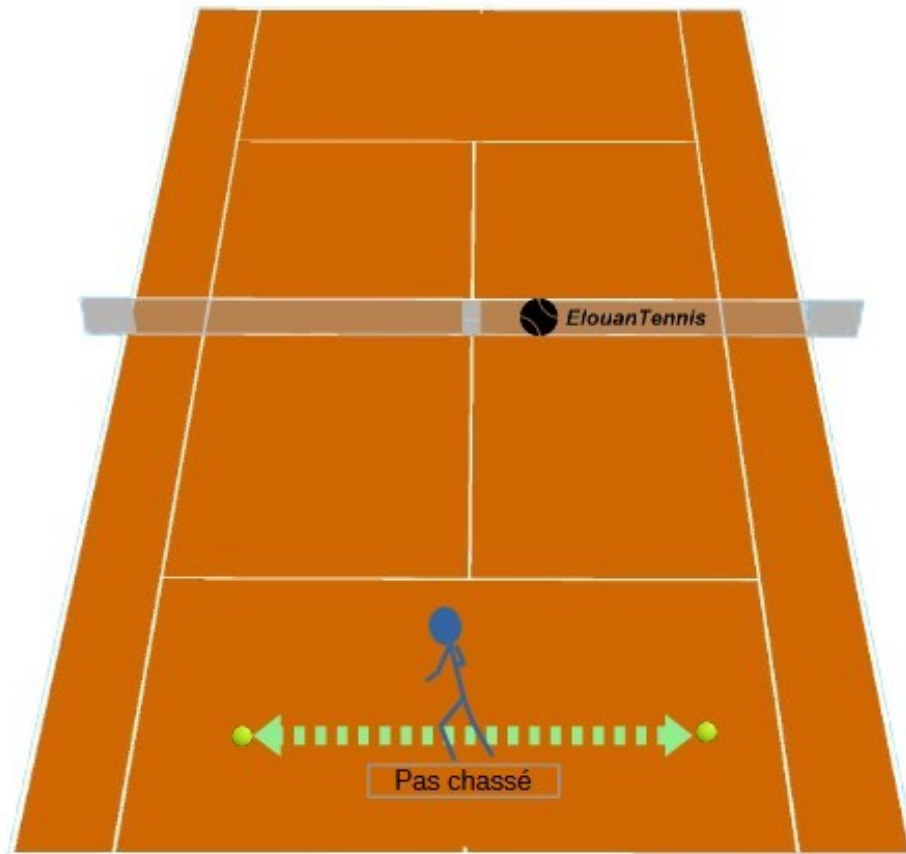


## Tennis drill : Agility exercise 1

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



Hi

A really simple exercise to train yourself

4 series: Not chased + we touch the ball

1 min / 30 s of Break

1 min / 30 s of Break

1 min / 30 s of Break

1 min / of Break



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



<https://elouan-tennis.com>