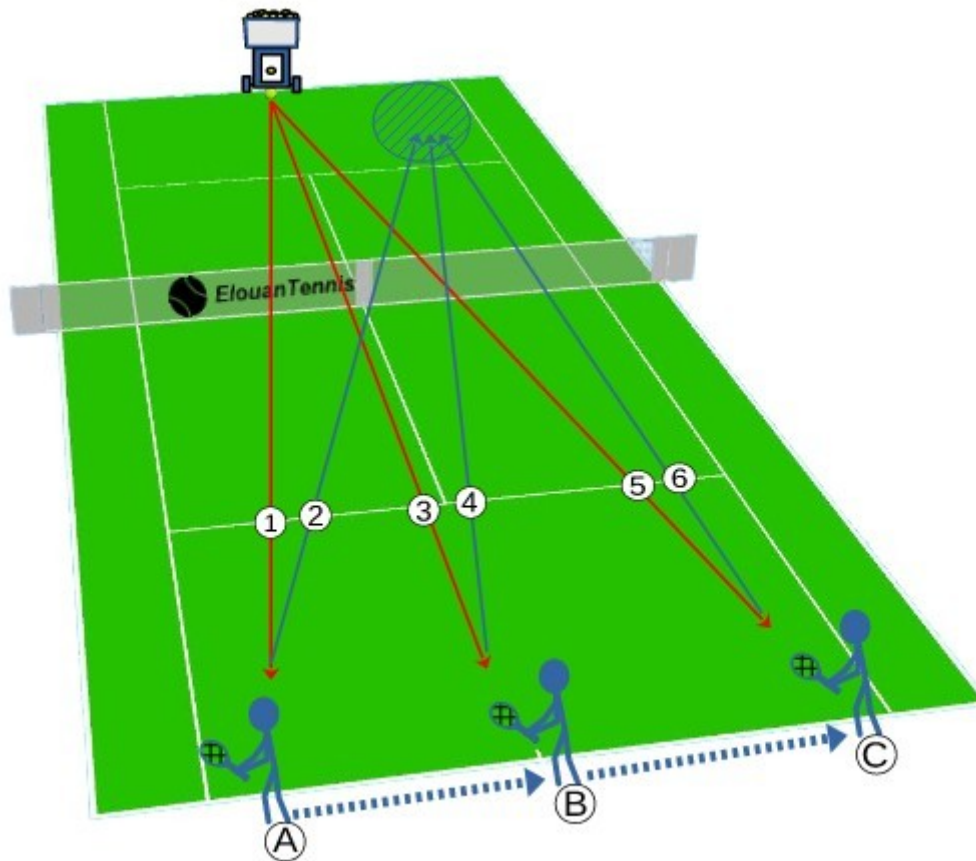


## Tennis drill : Forehand precision 2

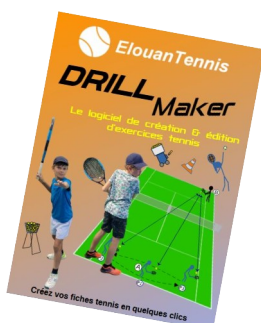
Catégorie(s) :	precision
Niveau :	Yellow ball - Intermediate
Durée :	1 min
Matériels :	Machine ball



Hi

To gain precision with my forehand I must be able to aim at an area from anywhere on the court. With this exercise I have to return the ball with a forehand always on the same target.

The ball machine sends balls consecutively to the sectors: Backhand / center / forehand I move around the court and I must systematically return the ball with a forehand to the targeted area.



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



<https://elouan-tennis.com>