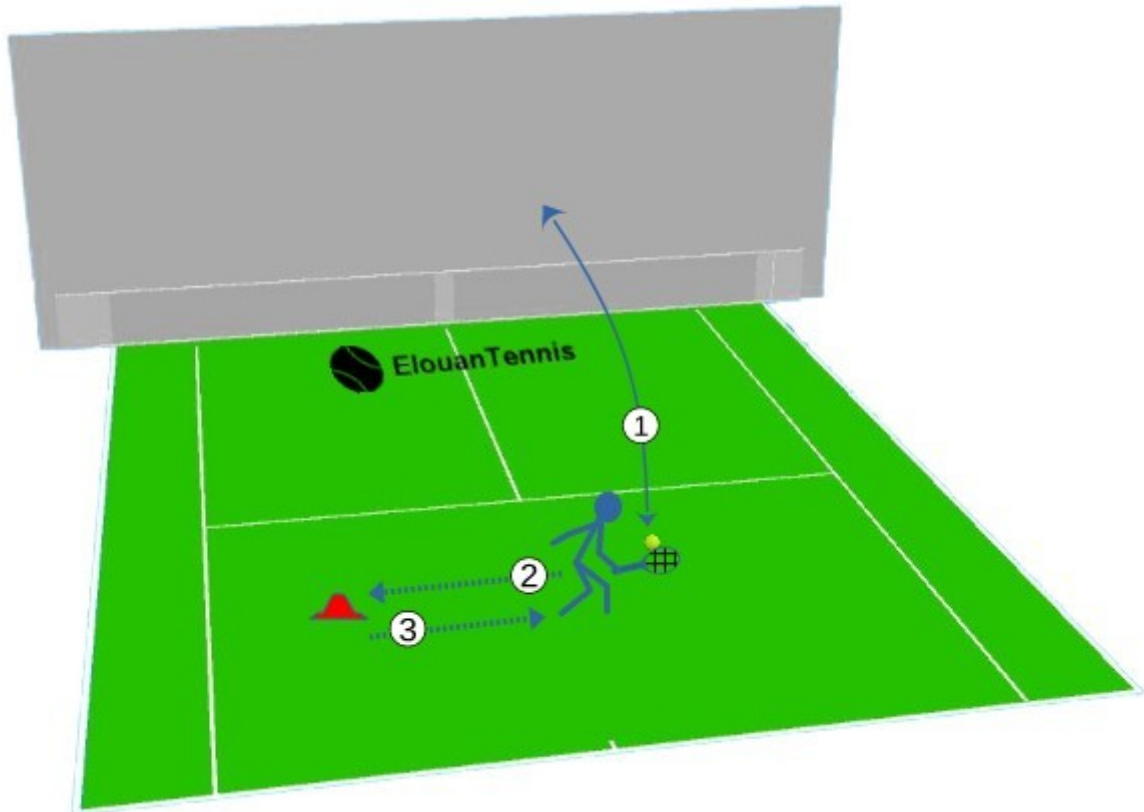


Tennis drill : Forehand to the wall

Catégorie(s) :	cardio, repetition, replacement
Niveau :	Green ball, Yellow ball - Intermediate
Durée :	10 min
Matériels :	Plots



Hi

To practice my forehand on the wall alone, this little exercise is not bad.

Rather than simply returning the ball, I place a cone on my left and between each shot I will touch the cone with my foot.

In a way I simulate a replacement and I also have to "run" for the next shot, position myself, adjust my little steps and hit the ball.

It's much more comprehensive than just knocking on the wall.



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



<https://elouan-tennis.com>