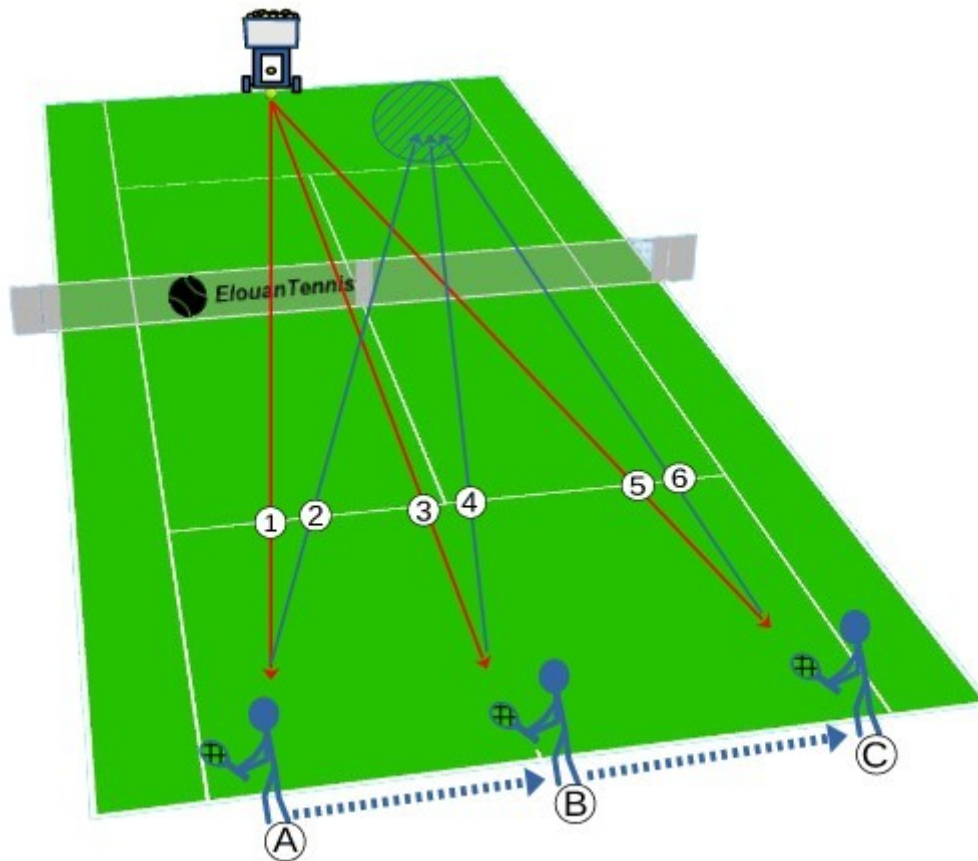


## Tennis drill : Forehand precision 2

Catégorie(s) :	cardio, precision, regularity
Niveau :	Yellow ball - Intermediate
Durée :	10 min
Matériels :	Machine ball



Hi

On the backhand (as on the shot) I must know how to place the ball where I want and whatever my position on the court.

With this exercise in ball machine mode I train to target an area.

The machine distributes the balls to the left, then to the center then to the right

I return all the balls backhanded

And I target the blue area on the diagram



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



<https://elouan-tennis.com>