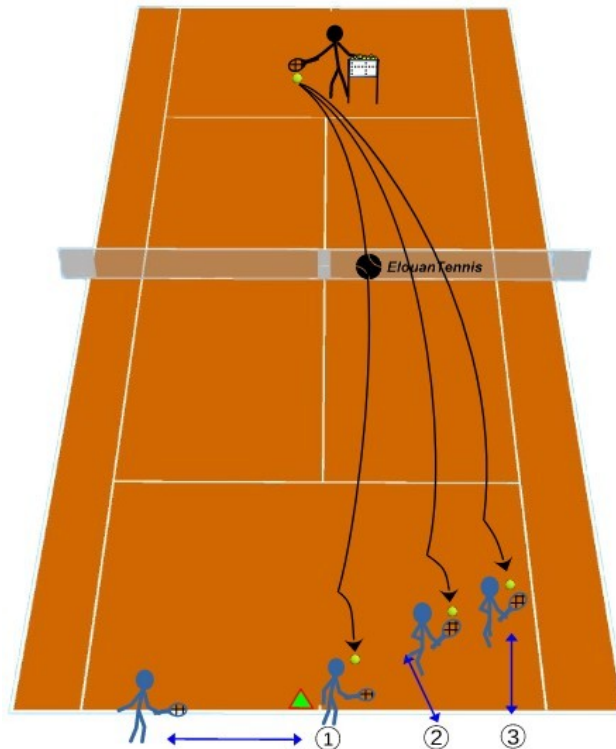


Tennis exercise - Work on the supports on the forehand

| | |
|----------------|----------------------------|
| Catégorie(s) : | - |
| Niveau : | Yellow ball - Intermediate |
| Durée : | 5 min |
| Matériels : | Plots, basket of balls |



Hi

Having good support means having a good base to return a ball effectively, so it is important to work on your support.

With this exercise I work on the 3 main supports on the forehand:

It's quite simple:

I place myself at the level of the cone then the coach sends me 3 balls which I will have to return each time with a different support

- 1) **Open support:** This is a rather defensive support, it has the advantage of being quick to execute but there is little transfer of energy from the body forward in the strike.
- 2) **Semi-support open:** Promotes the transfer of energy forward, mainly used at the back of the court in construction play
- 3) **Line support:** Promotes forward energy transfer but requires a little more time to set up.

Between each strike I return to the block



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



<https://elouan-tennis.com>