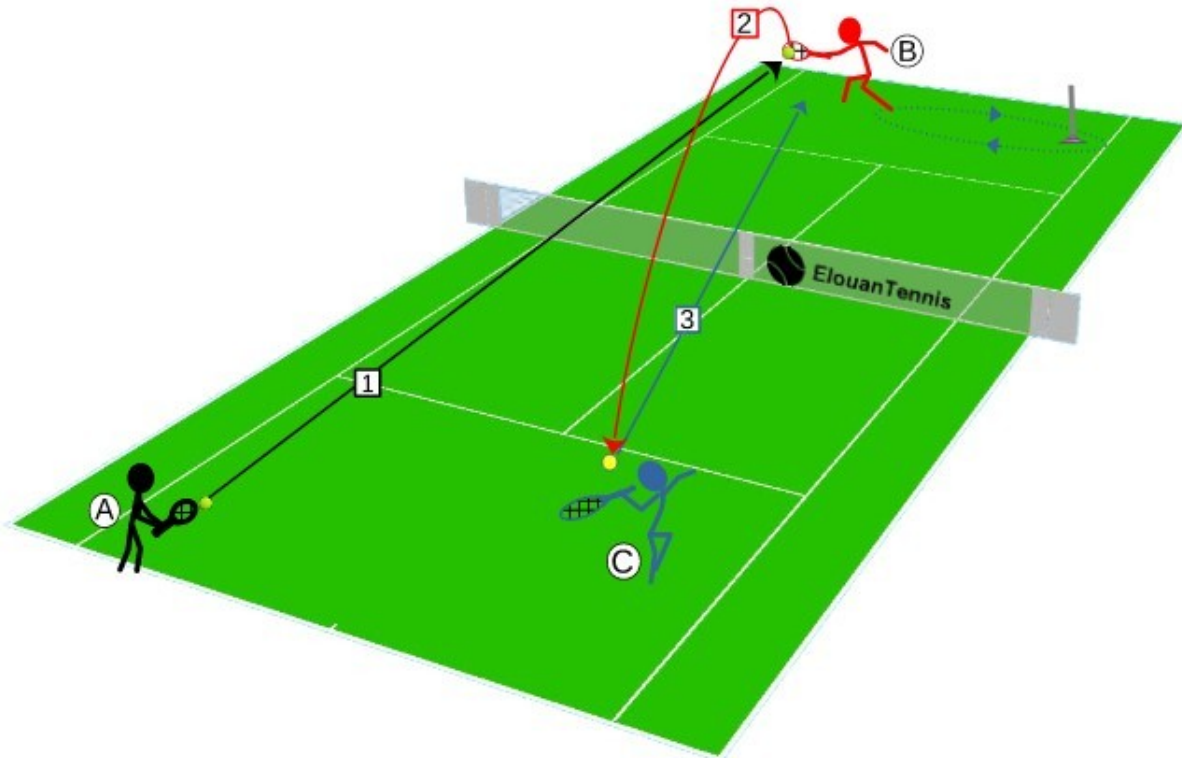


Tennis training: Forehand and Smash

Catégorie(s) :	attack, precision
Niveau :	Yellow ball – Intermediate
Durée :	10 min
Matériels :	Plots



Hi,

In this exercise, With a trainer (A) and a partner I work on my forehand and my smash

- 1) the coach in (A) sends me a ball on my forehand,
- 2) I return a rounded topspin ball to the forehand side corner then I will turn around the cone (at B)
- 3) My partner smashes the ball.

We change roles every 5/10 minutes

The objective is to improve the forehand, and also the smach while becoming more skilled in our movements.

We want to react faster and move better on the court.



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



<https://elouan-tennis.com>