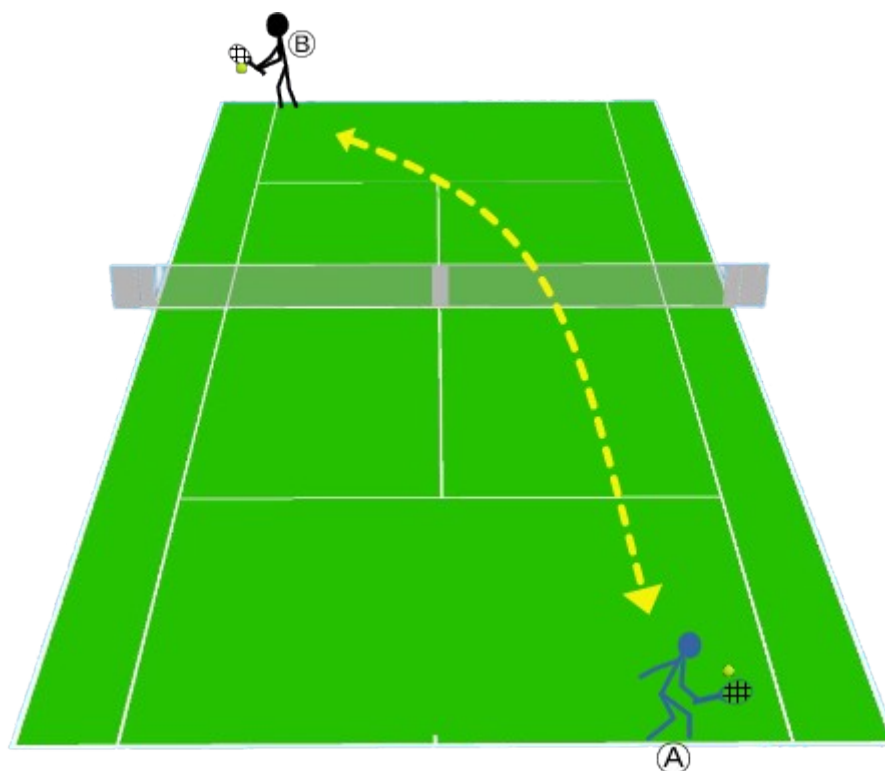


Tennis training: hold the diagonal on the forehand

Catégorie(s) :	warm-up, regularity
Niveau :	Yellow ball – Intermediate
Durée :	10 min
Matériels :	-



Hi

Holding the diagonal is a classic exercise in tennis and it is a situation that we often encounter.

The exercise is very simple. With a partner we play diagonally with the forehand and we must hold the rally as long as possible, seeking length as much as possible.

In a match, this is a game situation that I often encounter. My opponent holds his baseline and I also engage in an exchange diagonally, trying to push the other back and trying to obtain a ball favorable to an attack or variation of strategic play. Maintaining this diagonal is important.

In a doubles match it's even more obvious. an exchange begins diagonally between the two background players and it is often the one who makes the mistake first...



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



<https://elouan-tennis.com>