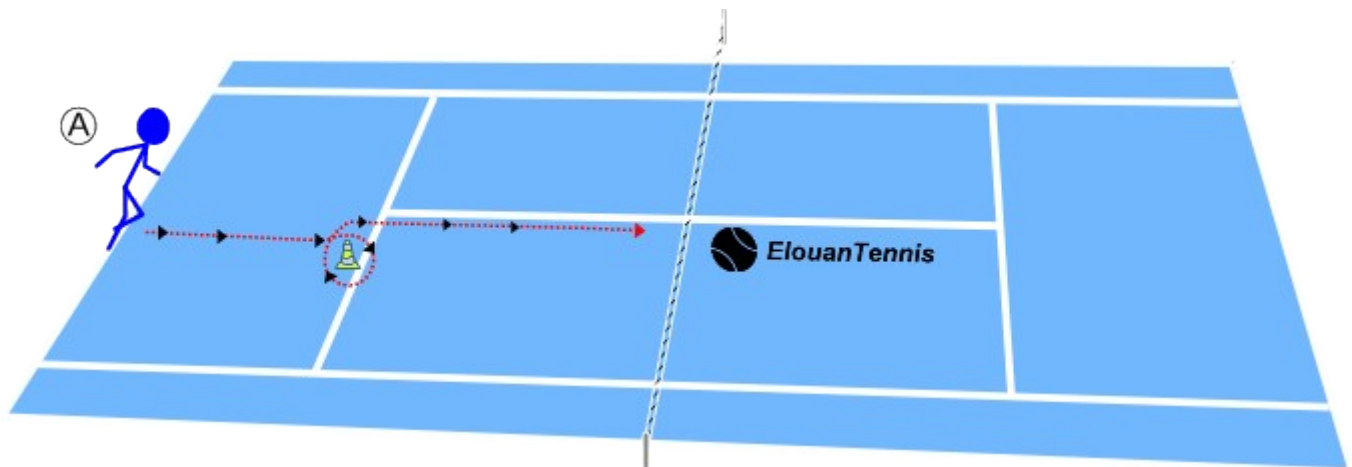


Acceleration and braking

Category(s):	Acceleration, Explosiveness
Level:	Yellow ball - beginner, Intermediate
Duration :	05 min
Materials:	-



Hello everyone !

This exercise allows you to work on acceleration, braking and explosiveness.

Execution of the exercise:

Player A accelerates from the back of the court towards the cone, Arriving at the level of the cone, he must brake suddenly, and go around the cone with small steps while going backwards, then he must accelerate again to the net.



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



<https://elouan-tennis.com>