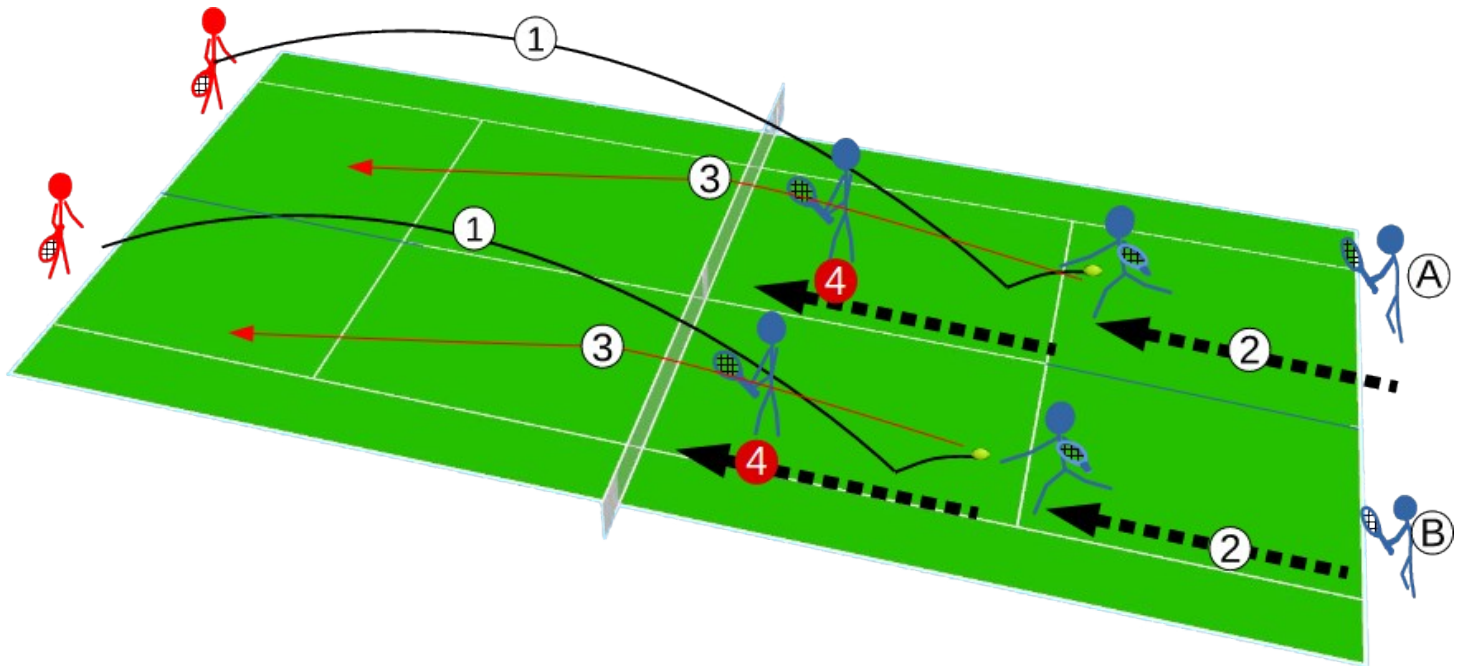


Collective move - going up on the volley

Category(s):	Volley, collective
Level:	Yellow ball - beginner, Intermediate, Confirmed
Duration :	10 min
Materials:	-

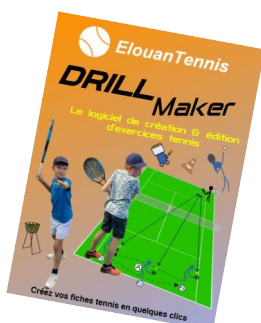


Hi friends

In tennis, going up on the volley after an attack is good, but mastering your climb is important, because if we do it wrong, we risk being late.

Here is a nice exercise that can be practiced in a group class and which allows you to practice going up on the volley after an attack strike.

The general idea, it is to going up on the volley in the continuity of its course.



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



<https://elouan-tennis.com>