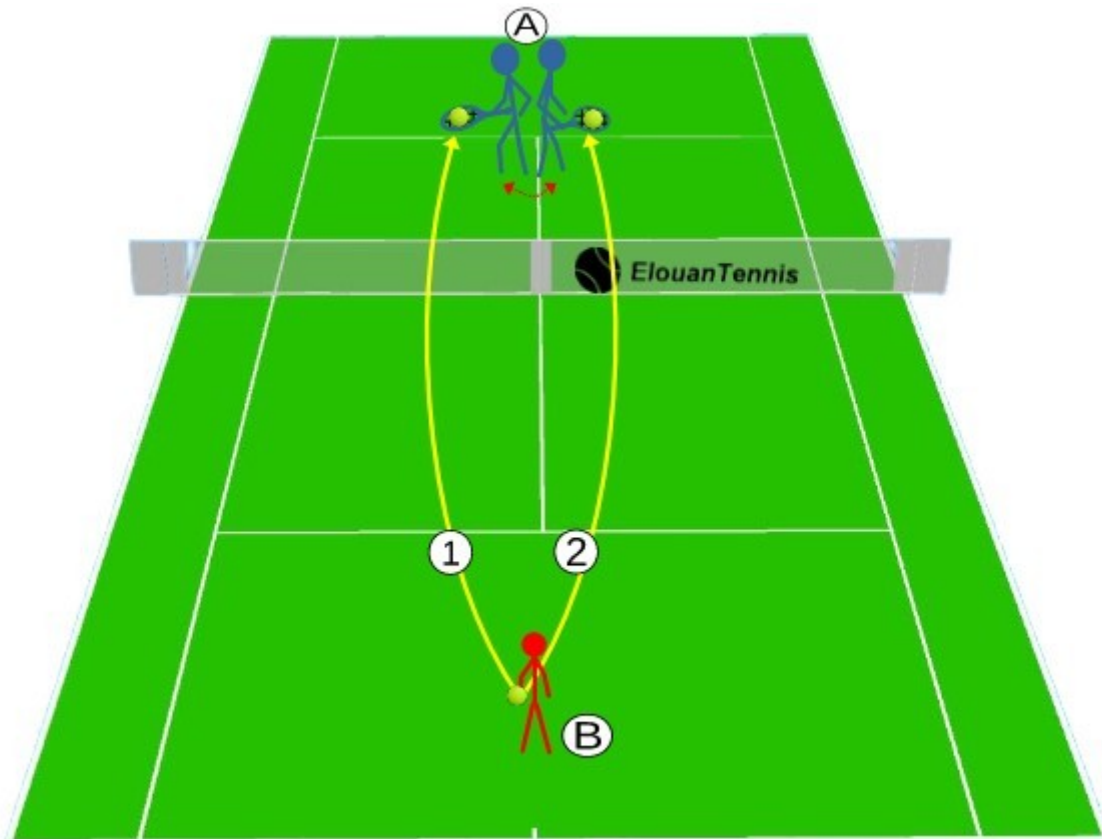


Drop exercise – catching the ball without rebound

Category(s):	drop, control, retro
Level:	Yellow ball - beginner, Intermediate
Duration :	10 min
Materials:	



Today I'm going to show you a great exercise to improve your touch on the ball and your drop shots in tennis.

- Grip your racket as if you were holding a hammer. This is the ideal grip for this exercise.
- Ask your partner to throw balls at you with a rounded trajectory, a bit like a lob.
- Your mission is to catch the ball without it bouncing on the racket screen. To do this, accompany the ball downward with your racket, (cushion the fall) as if you wanted to catch it gently.

Oh, and don't forget to switch sides! Make drop shots with your forehand and backhand. This is super important to be versatile on the court.



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



<https://elouan-tennis.com>