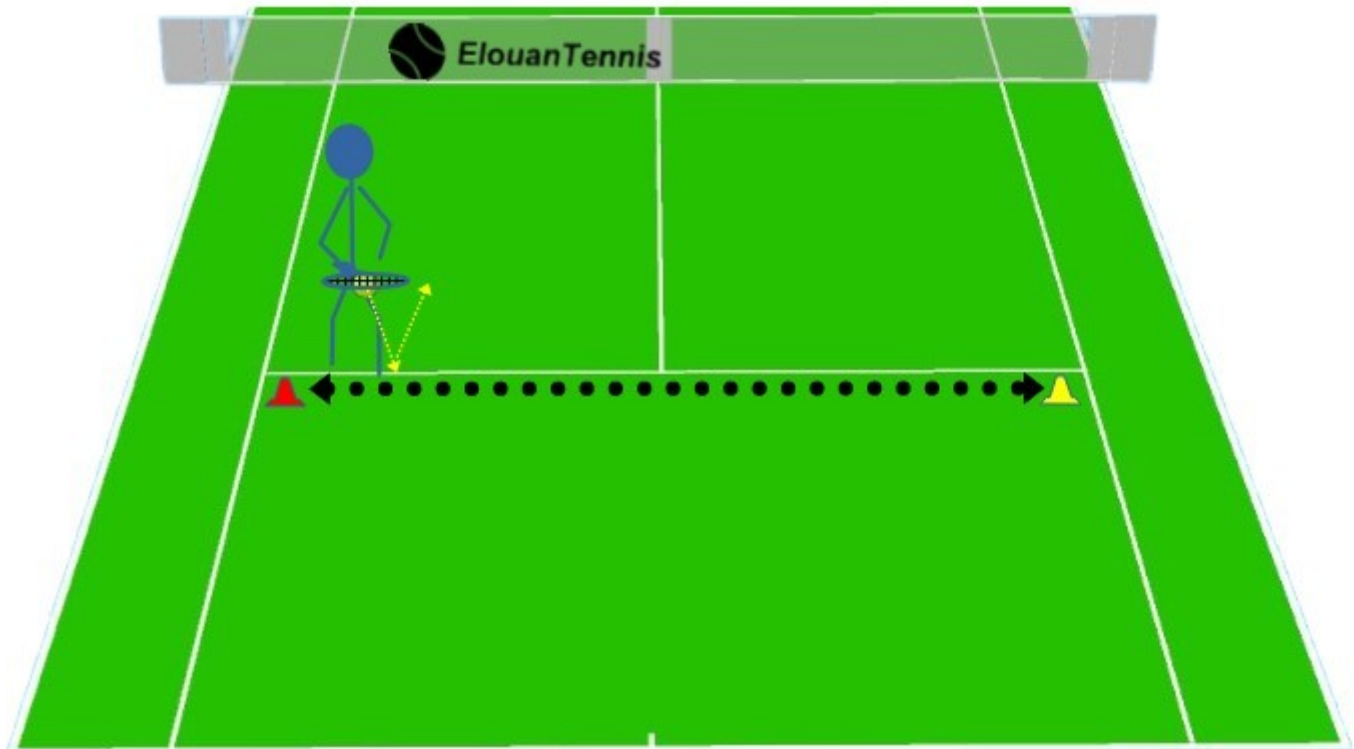


Dropshot exercise – improve your racquet control

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



Hello everyone !

Today I'm going to show you a drill known as "dribbling." It is often used to improve coordination and dexterity but it also allows you to have better control of your racquet, and good control of your racquet is essential to master cushioning in tennis.

Here's how to do it:

- Grab your tennis racket and a ball.
- Hold the racket close to the handle with one hand, and start by bouncing the ball gently on the ground by hitting it with the racket. Try to maintain good control over the ball and bounce it consistently.
- Once you feel comfortable with "dribbling", start moving sideways from left to right around the red and yellow cones, while dribbling the ball.
- When you have mastered "dribbling" with your dominant hand, you can try with the other hand.



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



<https://elouan-tennis.com>