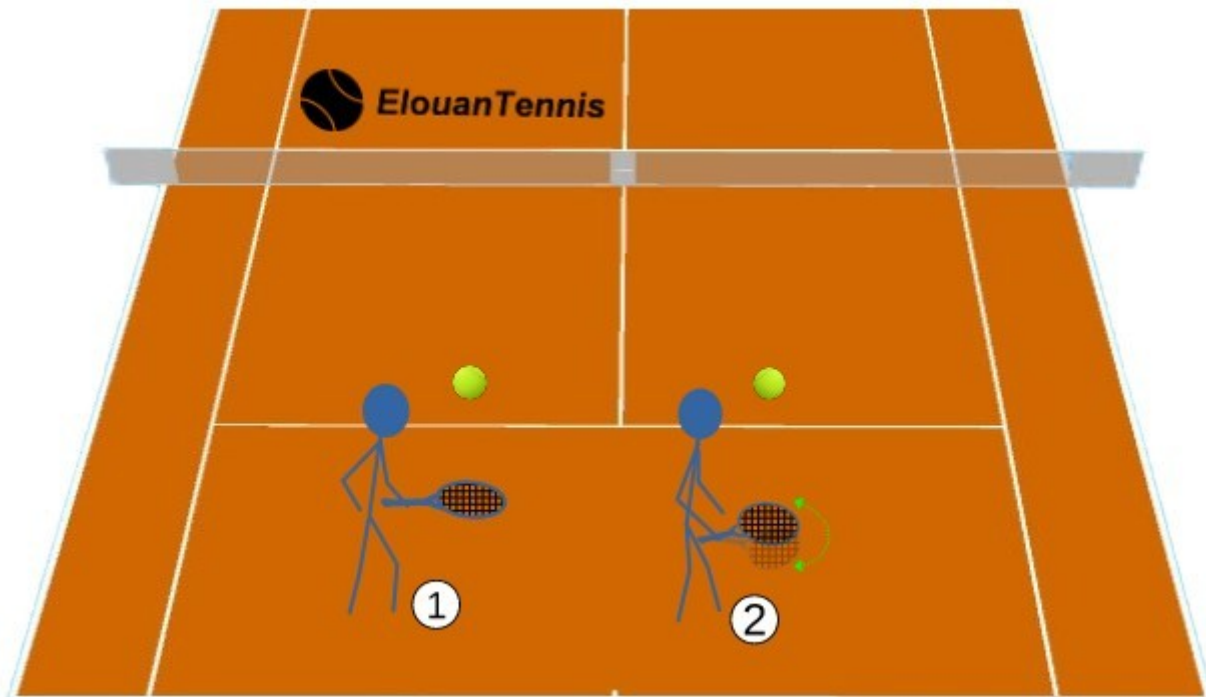


Dropshot exercise – mastering the bounce of the ball

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



Hello everyone !

Today, I'm going to show you a great exercise to master bouncing the ball on the racket. This exercise is often used to improve hand-eye coordination and control of ball strikes and drop shots.

Execution of the exercise:

- Hold your racket with the head pointing toward the sky.
- Start by bouncing the ball on the racket head, making sure to keep it centered. Try to bounce the ball 20 to 30 times without dropping it.
- Once you have mastered the bounce, alternate between a forehand and a backhand with each bounce of the ball. For example, hit the ball with a forehand on the first bounce, then with a backhand on the second bounce, and so on. Continue bouncing the ball in this manner for about 30 times

Up to you !



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



<https://elouan-tennis.com>