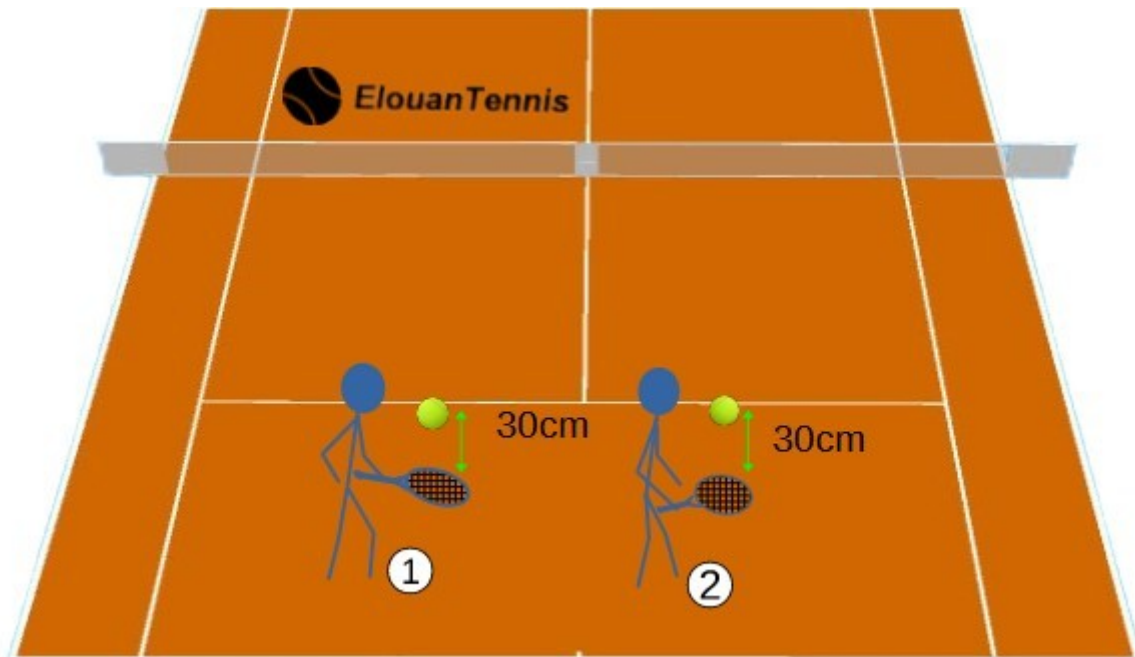


## Achieve the perfect drop with a chopped effect

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



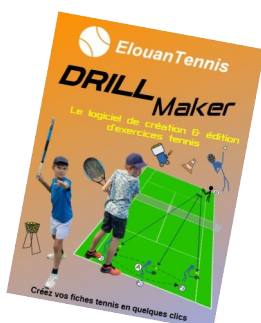
Hi guys !

Today I'm going to show you how to do the perfect drop shot with a tennis spin.

### Execution of the exercise:

- Hold your racket in a hammer grip, mid-handle, with the head pointing toward the sky.
- Your goal is to hit the ball only 30cm maximum from the racket head and give it a little spin with each hit.
- Alternate between 10 strikes on the forehand and 10 strikes on the backhand side.

Let's go!



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



<https://elouan-tennis.com>