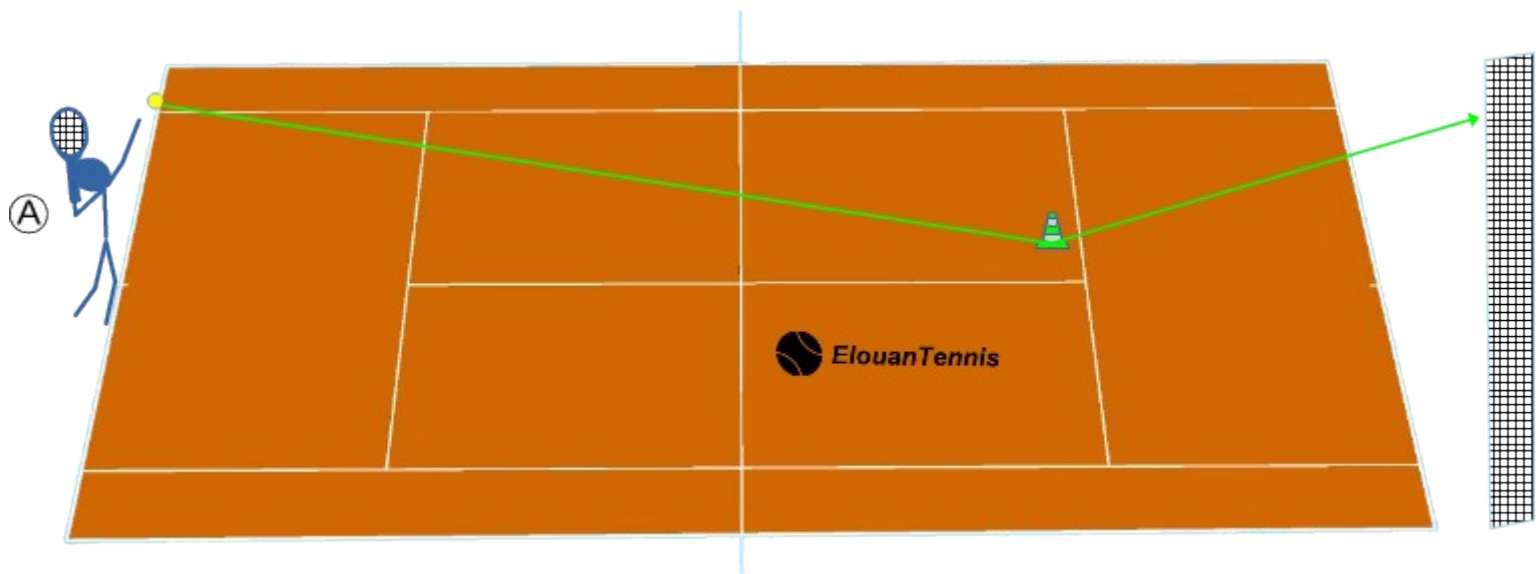


## Serve precision and power exercise

Category(s):	intensity, Precision, power
Level:	Yellow ball - beginner, Intermediate
Duration :	10 min
Materials:	-



Hi friends !

Today, we are going to do a great exercise to improve our serving. The idea is to aim for the cone in the service square.

To work on the power of the service, there is a large tarpaulin or fence at the bottom of the field, and we must ensure that the ball directly hits that after bouncing in the service square.

If you manage to hit this target, you earn 2 points! You have to earn 10 points.

So, are you ready to become a service pro?



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



<https://elouan-tennis.com>