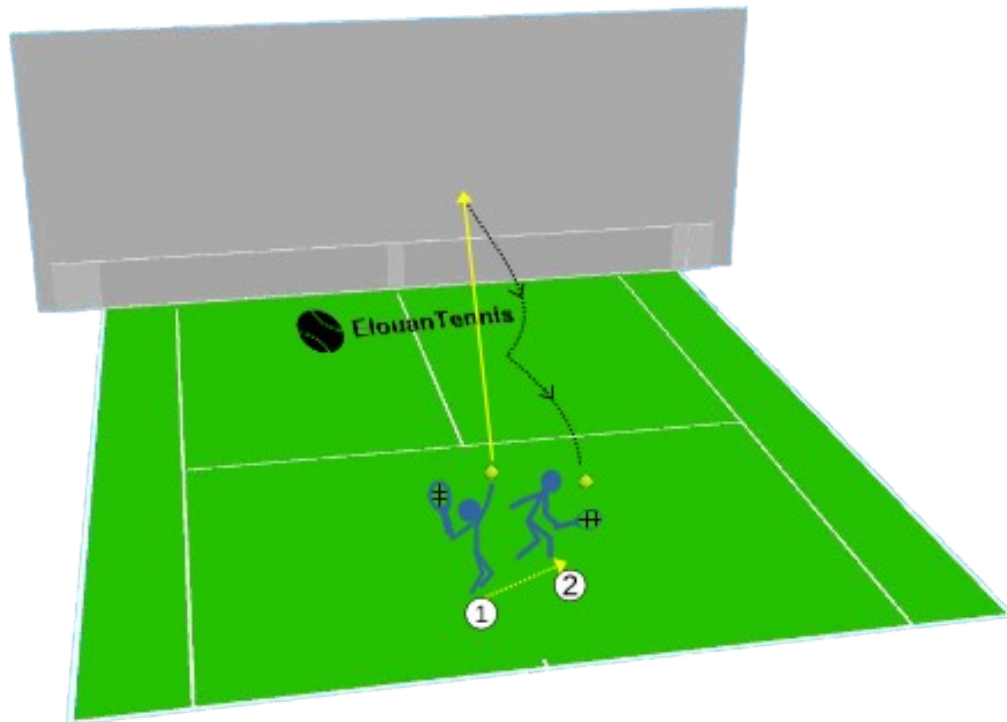


Tennis Exercise: Serve/Return to the wall

Category(s):	Explosiveness, speed
Level:	Yellow ball - beginner, Intermediate
Duration :	05 min
Materials:	-



Hi all !

The wall serve/return drill in tennis improves both serve and return, as well as hand-eye coordination and shot timing.

Execution of the exercise:

To practice the serve, throw the ball in the air and hit it as you would during a normal serve, aiming at the wall.

After hitting the serve, prepare to return the serve as soon as the ball bounces off the wall. Then make a return of service by hitting the ball again towards the wall.



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



<https://elouan-tennis.com>