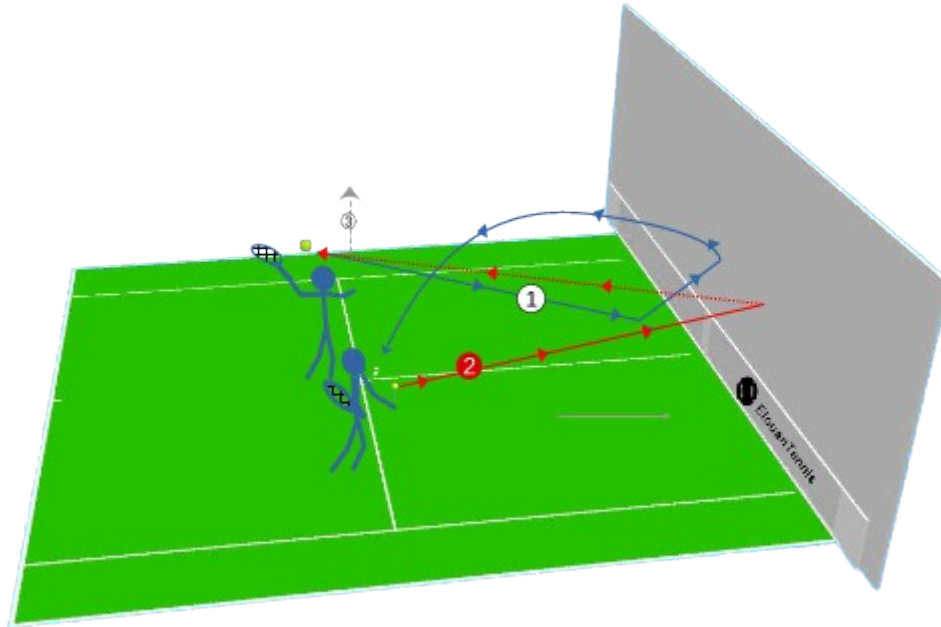


## Tennis Exercise: Smash and lifted volley at the wall

Category(s):	Smash, lifted, volley
Level:	Yellow ball - beginner, Intermediate
Duration :	10 min
Materials:	-



Hi !

Today, we are going to see together the exercise on the wall where we alternate between smash and topspin volley. It is an exercise that is used to work on both the power of the smash and the precision of the topspin volley in tennis.

### Execution of the exercise:

- 1) Hit the ball with a smash that bounces on the ground then on the wall
- 2) Hit the ball with a topspin volley, using a quick racquet swing and hitting the underside of the ball to give it height and spin.
- 3) Wait for the ball to bounce off the wall and if necessary, give the ball a little height with a little upward stroke of the racket, (then send it back with a smash, so that the ball bounces on the ground before bouncing on the wall.

Alternate between smash and topspin volley, trying to maintain a fluid and regular rhythm.

Up to you ;)



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



<https://elouan-tennis.com>