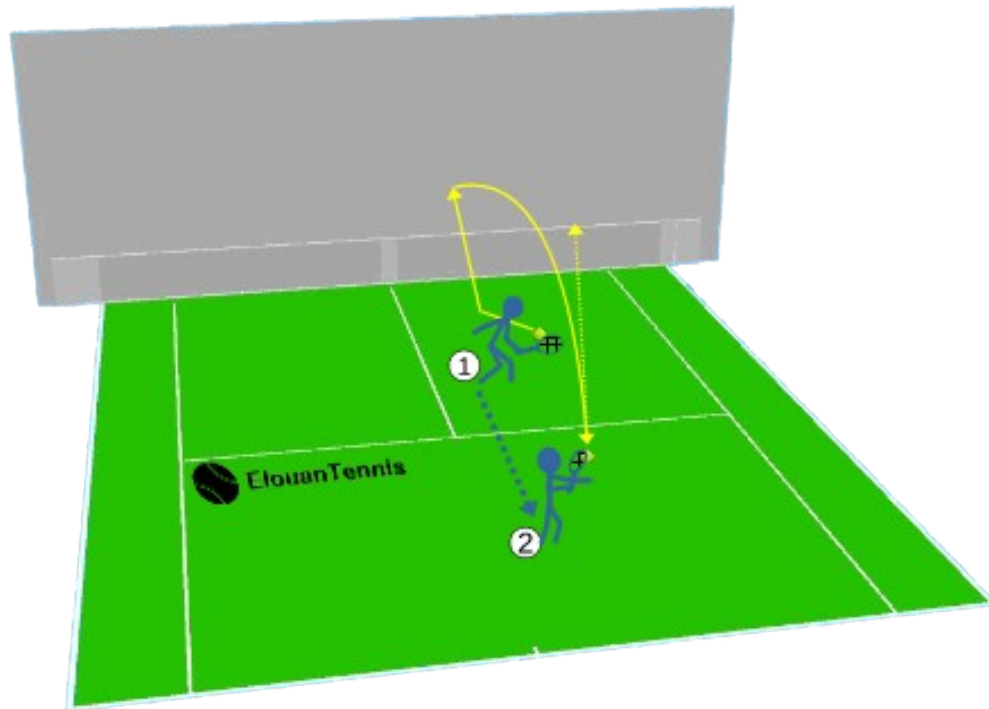


## Tennis exercise: Hit and Back on the wall

Category(s):	Explosiveness, reactivity, replacement
Level:	Yellow ball - beginner, Intermediate
Duration :	10 min
Materials:	-



Hi all !

The “hit and back” wall tennis exercise is effective in improving stroke movement, precision and responsiveness.

### Execution of the exercise:

Hit the ball with a forehand or backhand, so that it bounces on the ground before bouncing on the wall so that the ball gains height and goes over your head.

Afterwards, step back quickly to catch the ball back and send it back towards the wall with a powerful blow.

And so on !



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



<https://elouan-tennis.com>