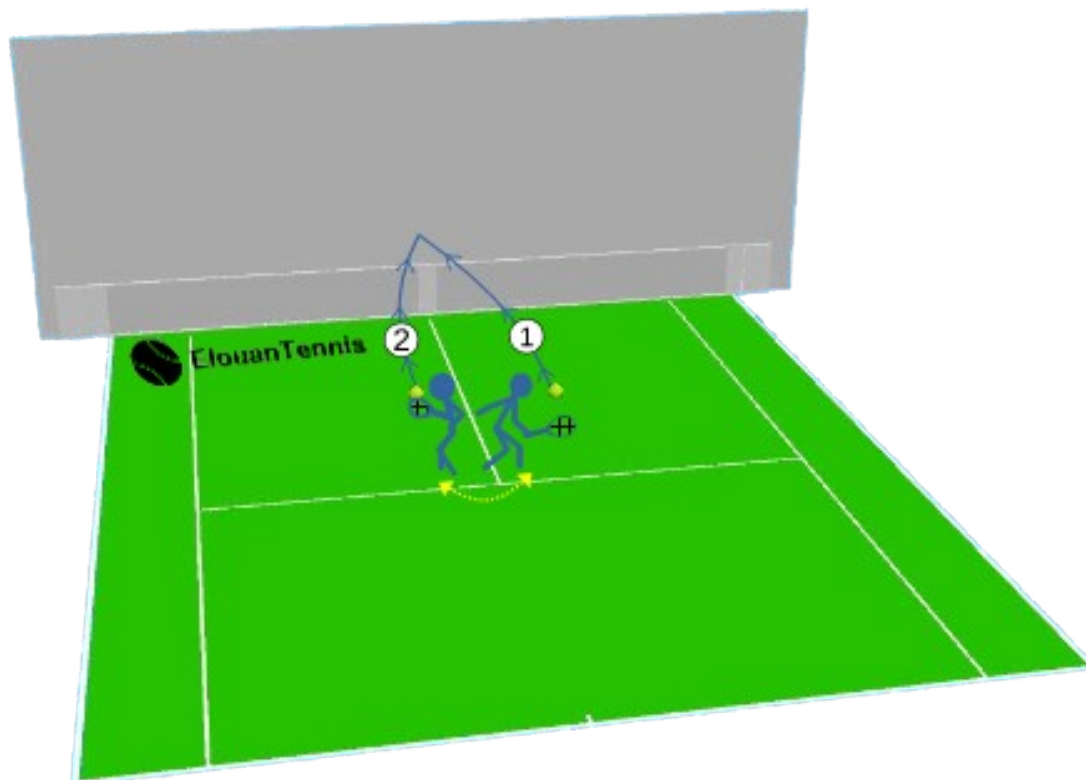


Tennis exercise: Reflex forehand / backhand volley at the wall

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



Hi

Here is a practical exercise to improve reflex, technique, precision and coordination of backhand volleys and forehands.

Execution of the exercise:

- Start with a forehand, sending the ball towards the wall.
- Once the ball bounces off the wall and comes back towards you, perform a backhand volley without the ball touching the ground.
- Follow a sequence of forehands and backhands, trying to maintain a smooth rhythm and keeping the ball in the air.



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



<https://elouan-tennis.com>