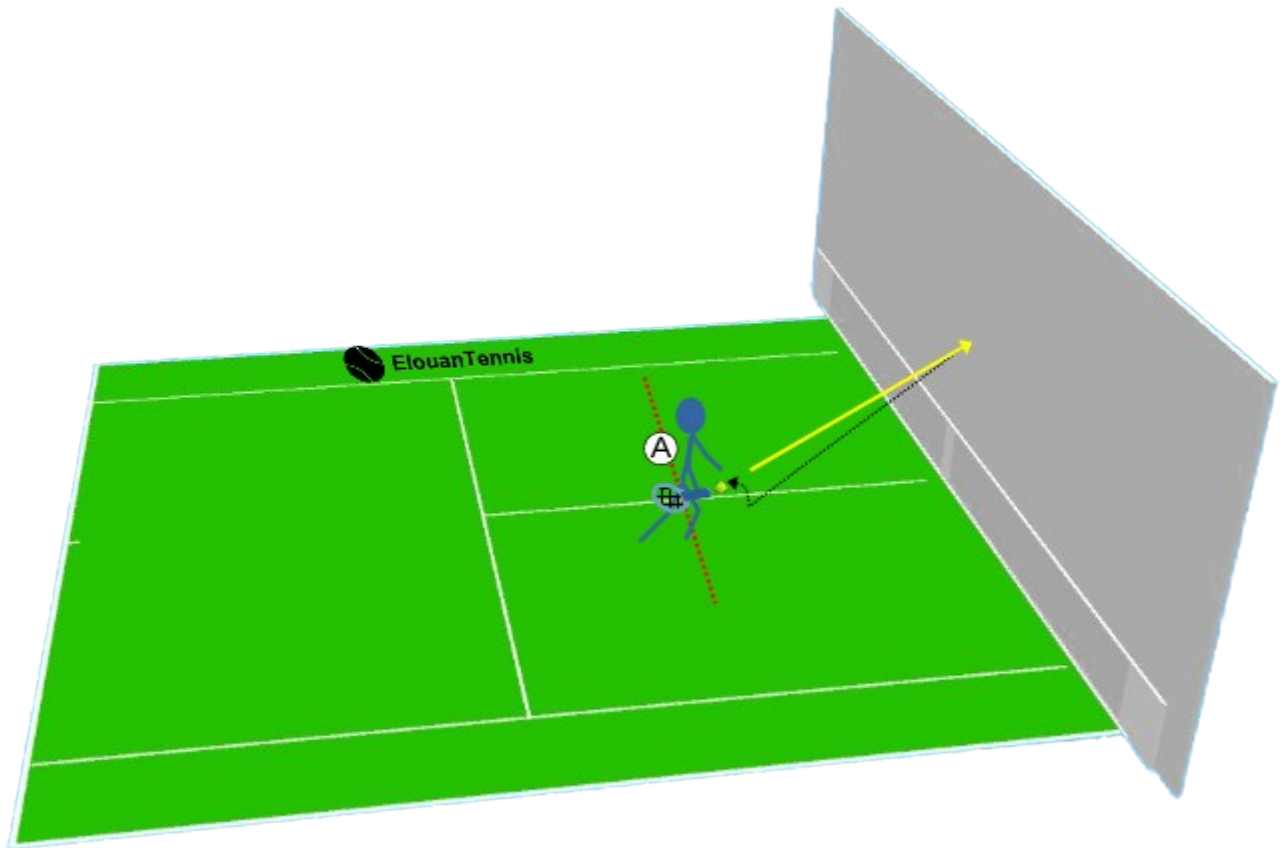


Tennis exercise: half volley on the wall

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



Hi !

If you want to work on your **forehand/backhand half volley** on your own, this is for you.

Here, player A learns to play against the tennis wall with half volleys alternating forehand and backhand. We gradually increase the power of the strikes to increase speed and difficulty.

The secret to this exercise is to take the ball well just after the bounce.

It is also important to keep a close distance from the wall. Here for example, player A must stay on the red line.



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



<https://elouan-tennis.com>