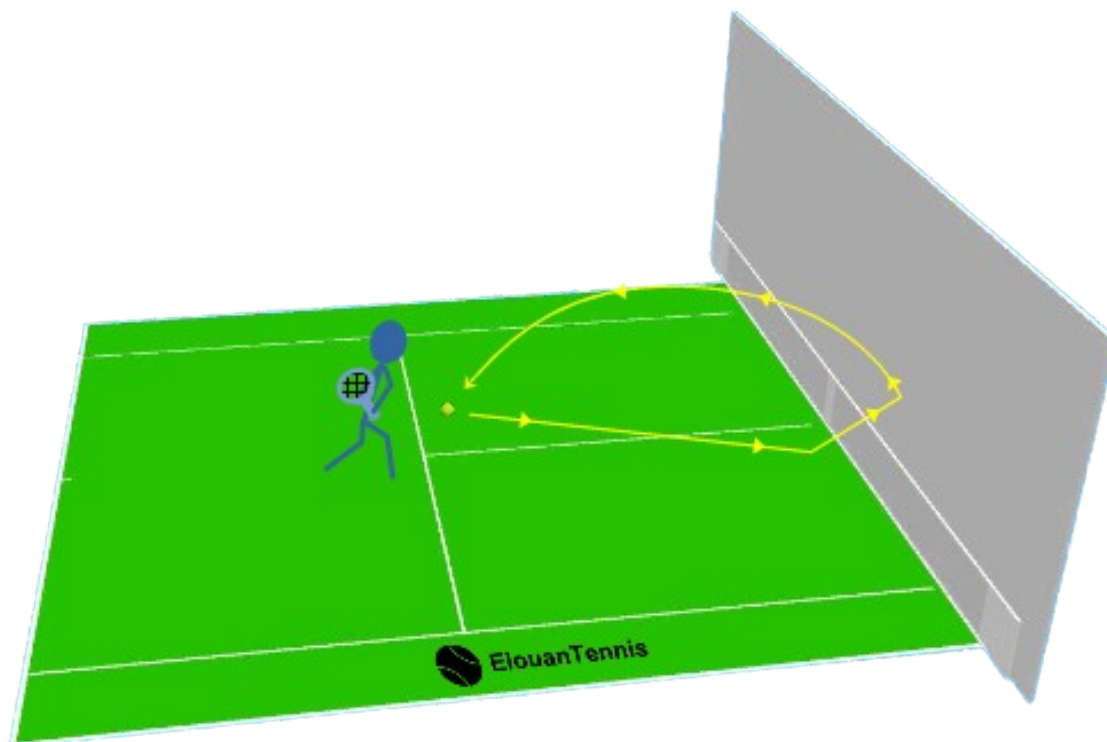


## Tennis Exercise: Ping-pong: take the ball early

Category(s):	Reactivity, touch of the ball
Level:	Yellow ball - beginner, Intermediate
Duration :	10 min
Materials:	-



An exercise to help catch the ball early

### Execution of the exercise:

- Hit the ball against the wall with a low and fast trajectory so that the ball bounces on the ground before being sent back through the wall.
- Return the ball as soon as it comes back to you with a powerful blow.
- This exercise is excellent for working on reactivity, strength and precision of shots, while simulating rapid exchanges like in a game of ping-pong.

**NB:** Make sure you return the ball with enough force so that it comes back to you quickly.



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



<https://elouan-tennis.com>