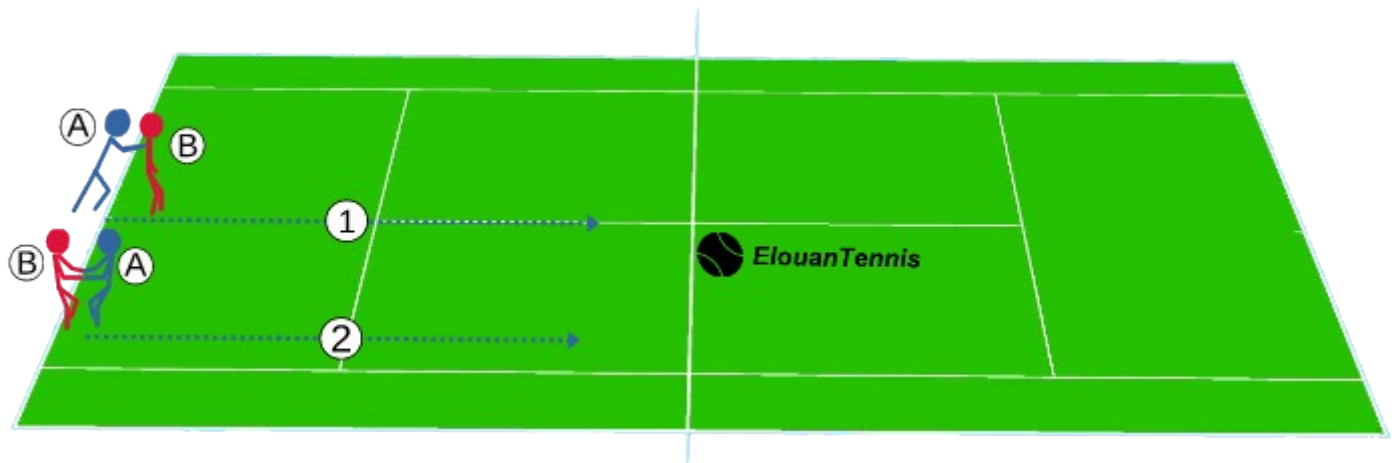


Work on balance and legs with a partner

Category(s):	strength, leg
Level:	Yellow ball - beginner, Intermediate
Duration :	5 min
Materials:	-



Hello everyone !

In this exercise we will target strengthening the legs as well as improving balance.

Execution of the exercise:

- Player A positions himself behind player B and pushes him forward.
- Then, players A and B switch positions to face each other. This time, it is player A's turn to pull player B, using the strength and support of his legs.



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



<https://elouan-tennis.com>