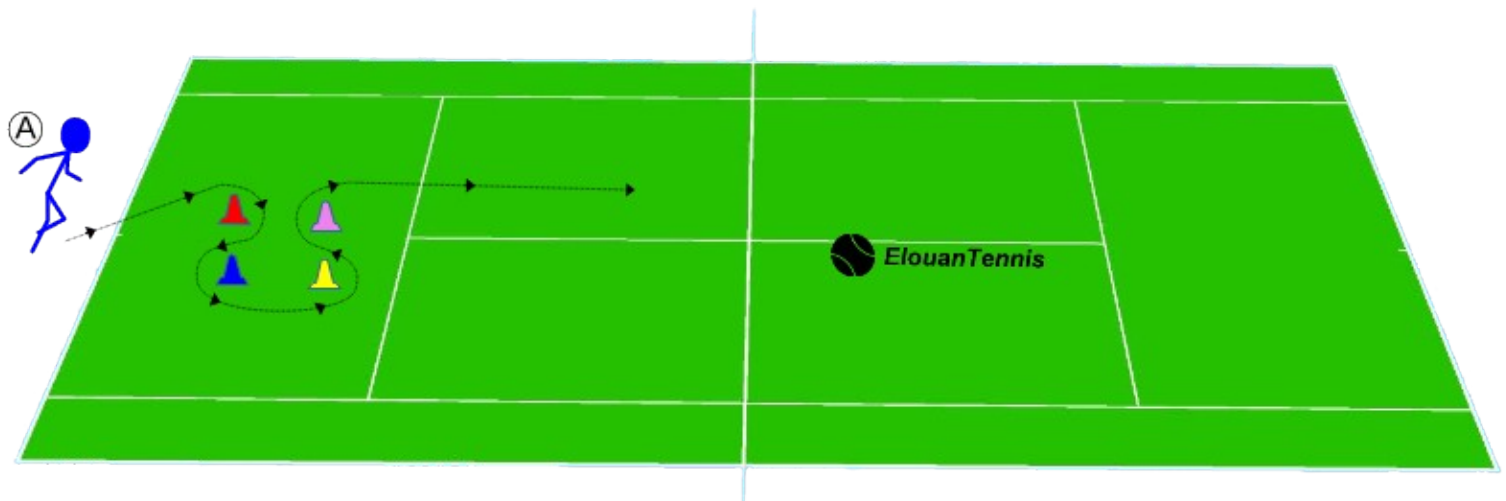


Zigzag between the blocks

Category(s):	Acceleration, lateral movement
Level:	Yellow ball - beginner, Intermediate
Duration :	5 min
Materials:	-



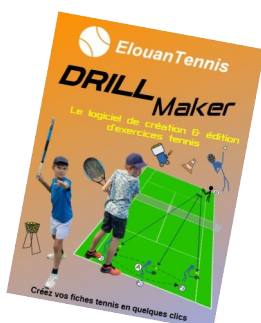
Good morning !

This zigzag exercise between 4 blocks is really nice for improving agility, reactivity, lateral movement speed and physical condition.

Execution of the exercise:

- Arrange four blocks forming a rectangle or square.
- From the baseline, quickly move towards the first corner using quick steps and keeping a low posture.
- At the first corner, make a quick change of direction by pivoting on the outside foot, then accelerate towards the next corner in the opposite direction.
- Proceed to the next corner, i.e. to the yellow stud, and continue to zigzag between the blocks, changing direction at each corner.
- Finish with a sprint to the net!

TIPS: Bend your knees slightly for better stability and absorb shock when changing direction.



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



<https://elouan-tennis.com>