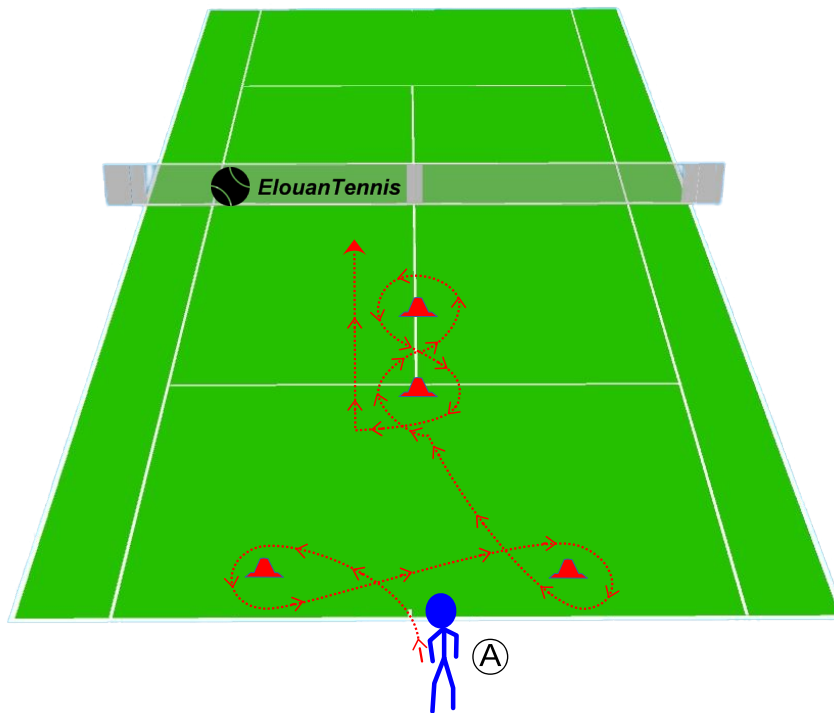


Double 8 with plots

Category(s):	agility, coordination, speed
Level:	-
Duration :	10 min
Materials:	Plots



Hi friends

Here is an exercise that can be used to improve agility, coordination and speed.

At the material level we need two pads which will be arranged laterally and two other pads distributed along the axis.

Progress of the exercise:

- Player A starts from the baseline and makes a first lateral 8 on the first two cones.
- Then, he advances and makes an 8 on the two blocks in the axis, attacking the furthest block before taking a backward step to go around the second block in the axis.
- Once the vertical figure 8 movement is completed,
- Player A sprints towards the net.



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



<https://elouan-tennis.com>