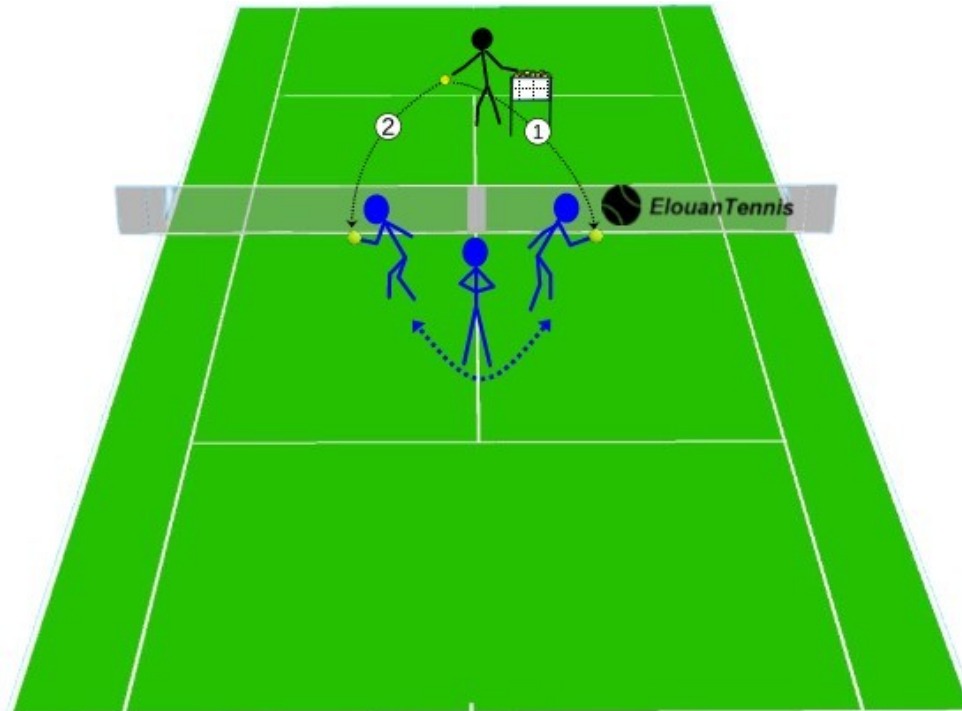


Initiation on the fly - reduced gesture

Category(s):	volley
Level:	Yellow ball - Intermediate
Duration :	10 min
Materials:	basket of balls



Hello everyone !

Today, we are going to discover an exercise to learn on the fly by concentrating on a reduced movement, that is to say we avoid too great an amplitude.

Executing the exercise:

- We start by positioning ourselves near the net.
- The exercise involves catching the ball with one hand.
- We therefore try to take the ball well forward, in front of the body, with a slight forward movement.
- Our trainer alternates between right side and backhand balls to work both hands.

This exercise is perfect for familiarizing yourself with the volley while maintaining a controlled and precise movement. So, we concentrate well and try to catch each ball!



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



<https://elouan-tennis.com>