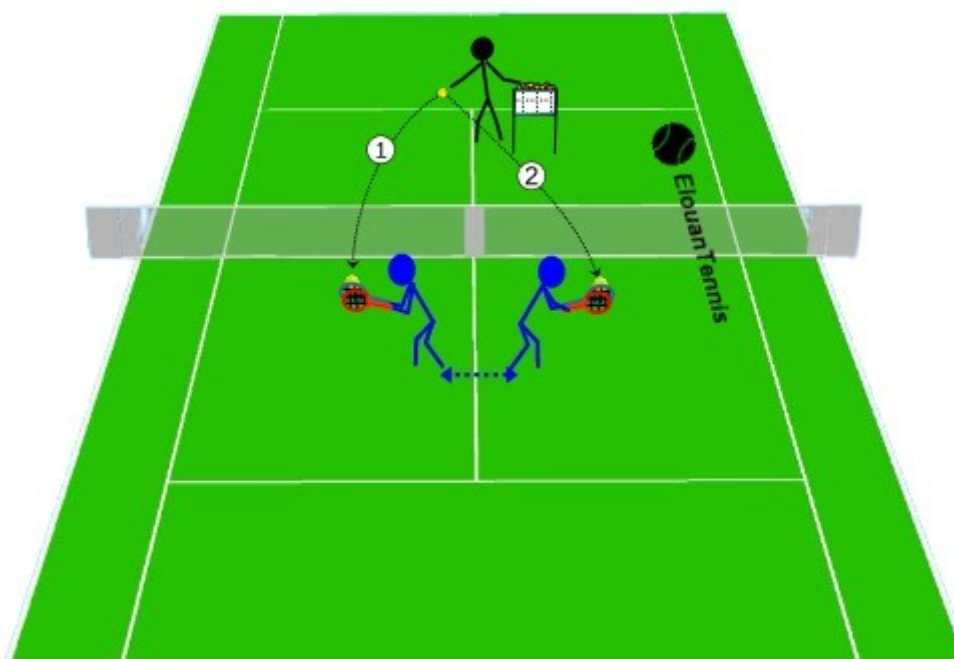


Introduction to the volley - avoid too much preparation in the movements

Category(s):	control, volley
Level:	Yellow ball - Intermediate
Duration :	10 min
Materials:	-



Hello everyone !

Today, we are going to discover an exercise to get started on the fly. This exercise allows us to be faster and more precise in our movements without wasting time with too long preparation.

Execution of the exercise:

- We take two rackets, one in each hand.
- The first will be used to hit the ball on the fly, and the second will simply serve as a wall to avoid too much preparation.
- We start with the backhand, because it is easier in this exercise. You hit with the blue racket with your right hand (if you are right-handed).
- The red racket in the left hand simply follows the movement in parallel with the right hand.
- Then, we attack with the right side. For the forehand, you will have to cross the red racket of the left hand behind the blue racket of the right hand, which will then return the ball on the forehand.
- This requires us to have our wrists relatively close to have very compact volleys without wasting time in preparation.



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



<https://elouan-tennis.com>