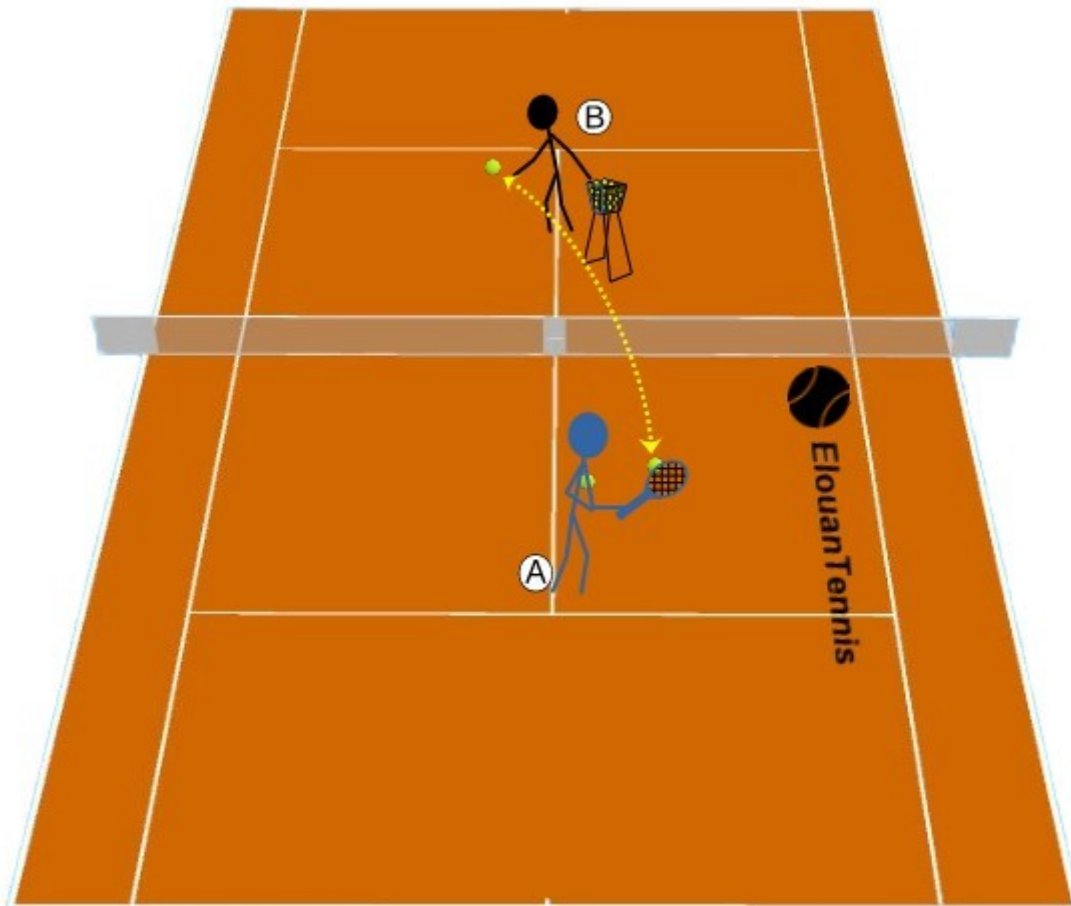


Practice volleys – take the ball forward

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



Hello everyone,

Today, we are going to work on an important aspect of the tennis volley: taking the ball forward.

To make sure we keep the right gesture and don't go backwards, we're going to use a little trick. We will slide a ball under the arm holding the racket. Then, with our other hand, we are going to grab the elbow of the arm that is holding the racket. This will help us keep a forward position and hit the ball well on the fly with the right movements.



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



<https://elouan-tennis.com>