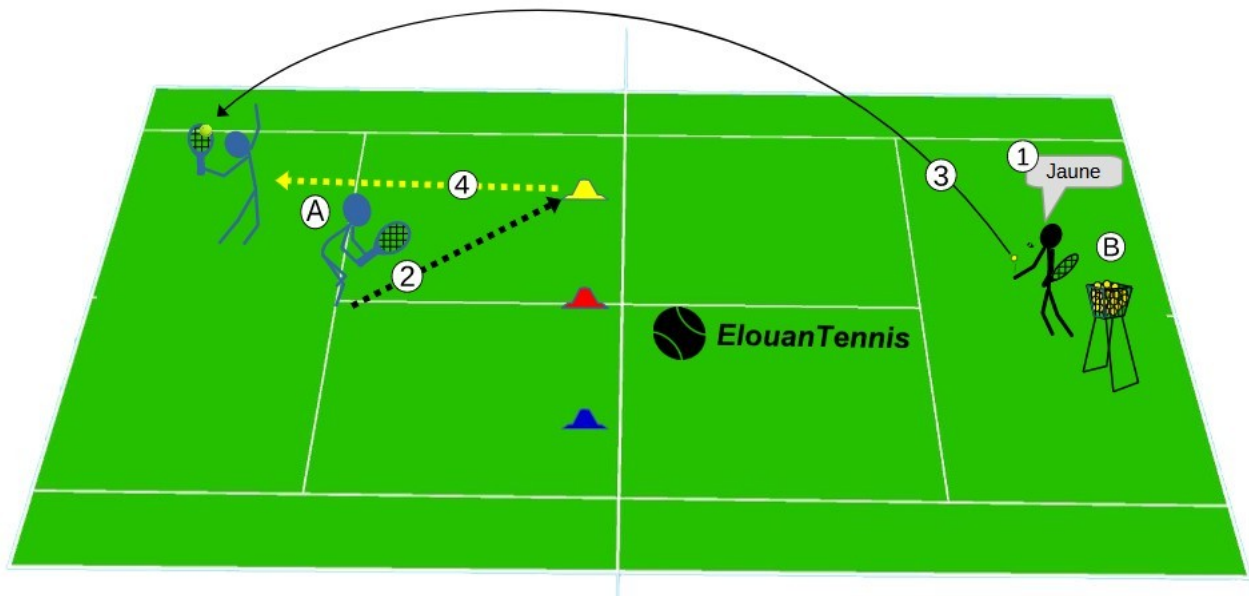


Smash Drill - Improve positioning and responsiveness to execute the smash with precision

| | |
|--------------|----------------------------|
| Category(s): | Placement, Smash, move |
| Level: | Yellow ball - Intermediate |
| Duration : | 10 min |
| Materials: | basket of balls |



Hi friends !

In this tennis smash drill, player A positions himself on the central service line of the service zone, while three cones of different colors are arranged near the net. On the other side of the court, the coach calls out a cone color.

The player must then move quickly towards the announced cone. Once you arrive at the designated cone, the coach lobs a ball. Player A must then step back to reposition himself and have the right positioning to spike the ball.

The step back from the cone and the ability to adjust position to execute the smash accurately are key elements of this drill. The objective is to strengthen the player's coordination, responsiveness and ability to execute an effective smash in various game situations.



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



<https://elouan-tennis.com>