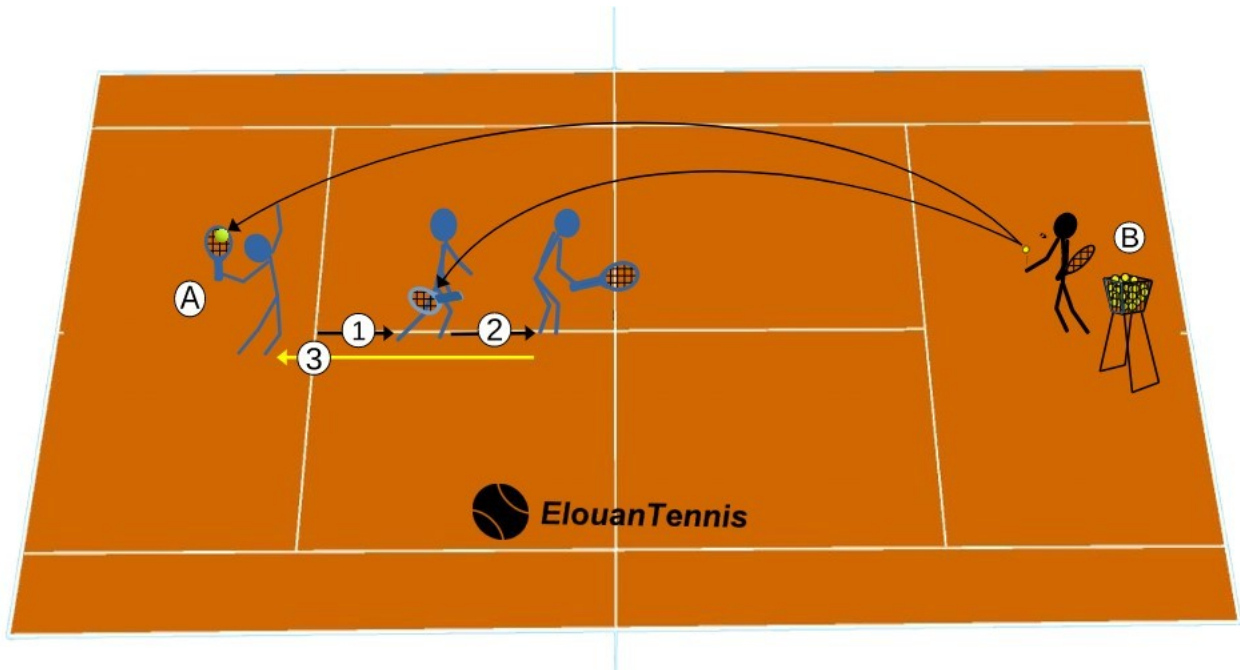


Smash drill - one volley, one smash

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



Hi

In this exercise, the coach sends a first ball to the player, who must hit it on the fly. Then the coach sends a second, higher ball, which the player must return with a smash.

Before each smash, the player must touch the net with his racket, then step back quickly to reposition yourself before hitting the ball with a smash.

The objective of this drill is to improve the player's responsiveness, ability to move quickly and execute an effective smash after hitting the net.

And so on.



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



<https://elouan-tennis.com>