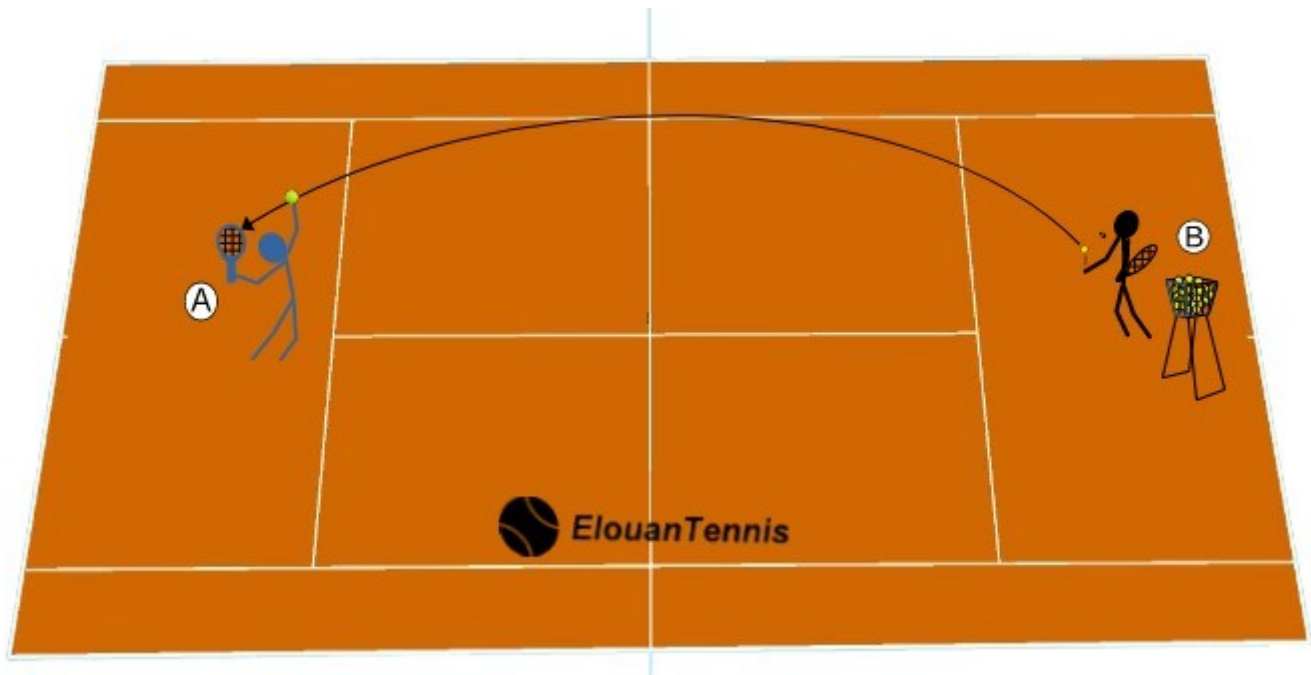


Smash exercise - learn to position yourself

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



Hi friends !

In this exercise, we will learn how to position ourselves well to achieve a good smash.

Execution of the exercise:

- To do this, the coach and player A stand on each side of the court.
- The coach sends a high, slightly lofted ball to player A.
- Player A must reposition himself, the strong hand holding the racket as if he was going to do a smash, and the other outstretched hand directed upwards to intercept the high ball in its trajectory.

The goal is to catch as many balls as possible by returning to the court with a smash position.



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



<https://elouan-tennis.com>