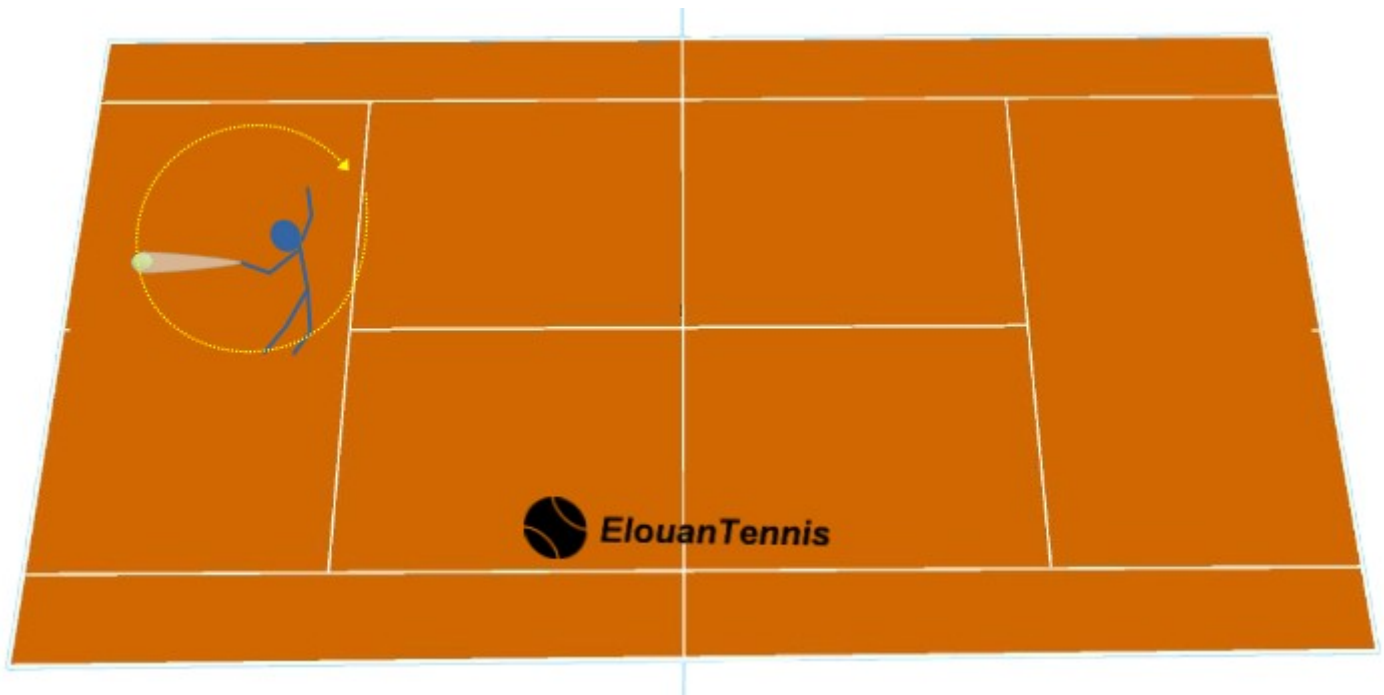


Smash exercise - work muscle memory

Category(s):	Physical, Smash
Level:	Yellow ball - Intermediate
Duration :	10 min
Materials:	-



Hi friends !

In this exercise, we will work on muscle memory for the smash.

Using the ball in a sock is beneficial for working on muscle memory for the tennis smash.

You put a tennis ball in a sock, and hold the end of the sock. Afterwards, we turn the sock with the ball as if we were doing a smash.

Using this exercise, you can simulate the smash motion without needing a partner or a tennis court. This helps strengthen the muscles involved in the smash, improve hand-eye coordination and perfect the technique of the gesture, while helping to develop the muscle memory needed to correctly execute the smash in a real match.



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



<https://elouan-tennis.com>