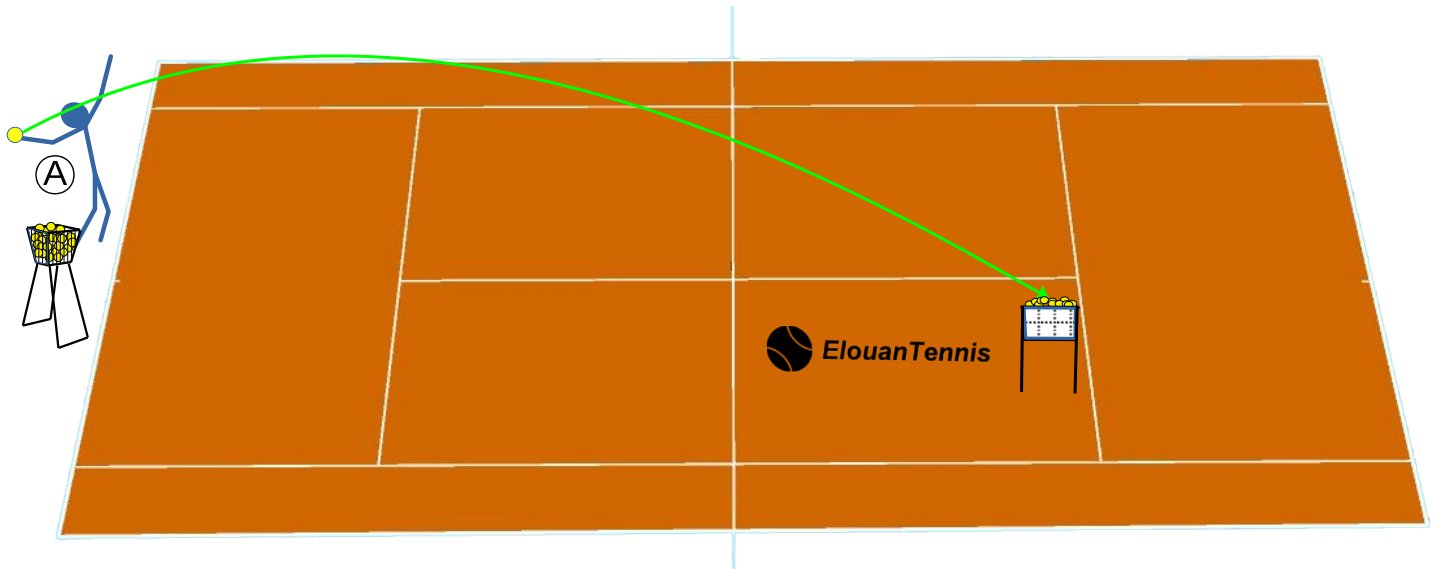


Throwing the ball with a full serve action

Category(s):	Service, thrown, precision
Level:	Yellow ball – Beginner, intermediate
Duration :	10 min
Materials:	Basket of ball



Hi friends !

Today, I'm showing you a nice little exercise to develop precision and fluidity of gestures. in service and self-confidence.

The exercise consists of throwing the ball and aiming at the basket of balls which is in the service square.

Position yourself as if you were going to serve, but only without a racket, and instead of

To hit the ball, throw it with your dominant hand.

It is very important to emphasize body positioning, rotations, as well as precision of service gestures.

Try to put as many balls as possible in the basket.



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



<https://elouan-tennis.com>