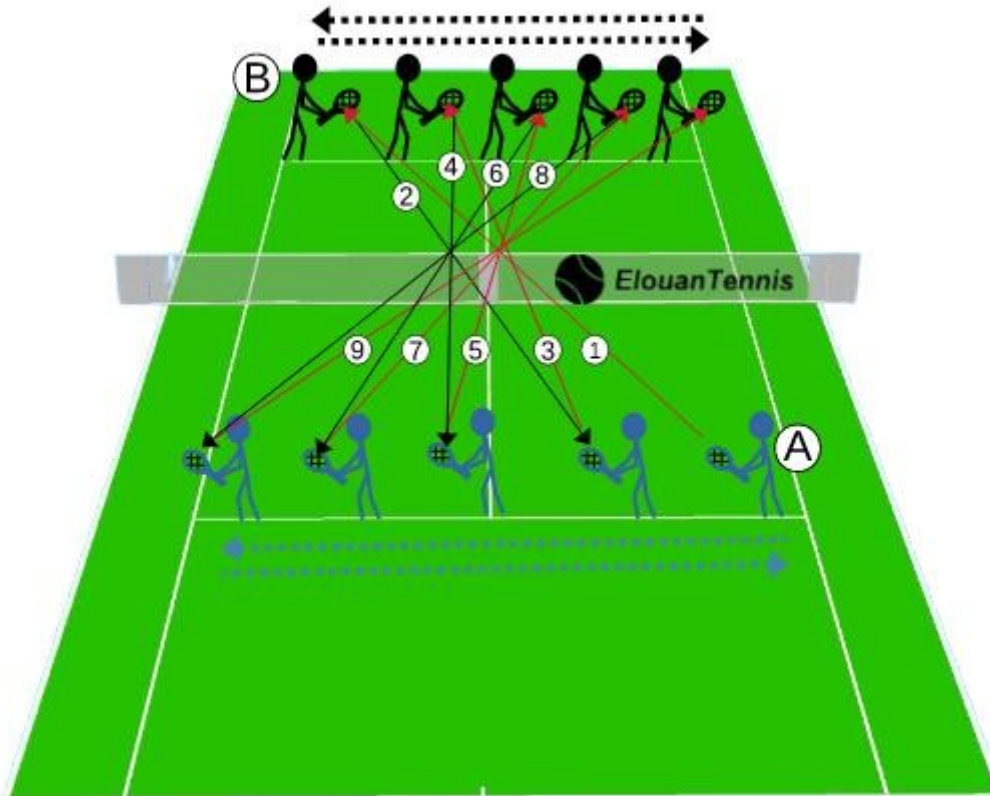


Training volleys – Cross volley with lateral movement

Category(s):	cross, intensity, precision, volley
Level:	Yellow ball - Intermediate
Duration :	10 min
Materials:	



Hello everyone,

Today, we are going to embark on a very dynamic and stimulating exercise! You know, in tennis, when you are on the volley, it often happens that you have to hit several balls in a row, while moving around the court. This is where it gets harder !

In this exercise, we will practice linking cross volleys while moving.

Execution of the exercise:

Me and my partner start an exchange of cross volleys. While my partner moves from left to right, I move from right to left, ensuring that our strikes always remain crossed. Once we arrive at the court side, we return the route in the opposite direction.

So, guys, get on your rackets, It's up to you !



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



<https://elouan-tennis.com>