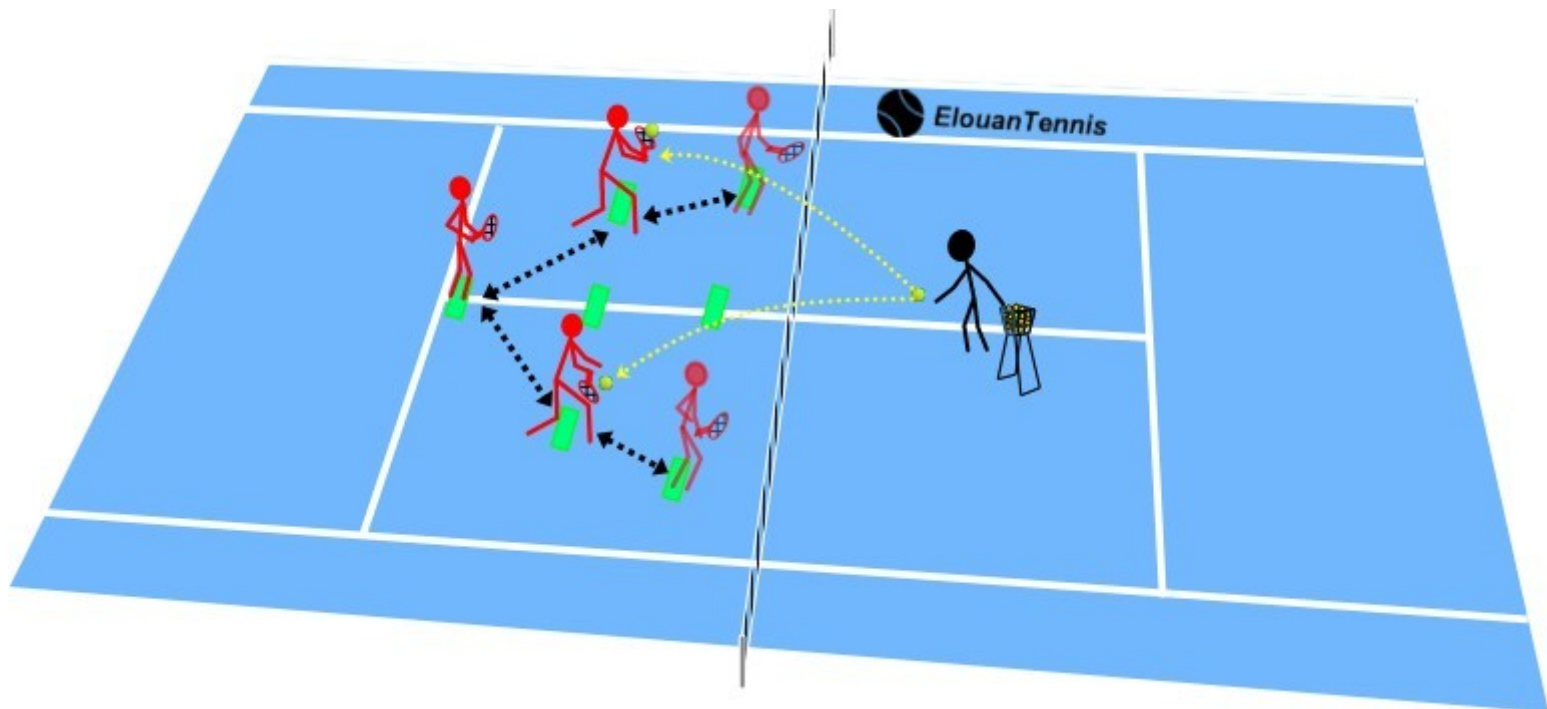


## Training volleys - the river

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



Hello everyone !

Today I'm going to introduce you to a basic exercise to improve your tennis volleys. The main objective is to continue moving forward after hitting the ball.

### Execution of the exercise:

- Start by placing a marker on the center service line, just inside the service area.
- Afterwards, place three more markers in a line, one meter from the starting marker. Then, make a second line with three other markers, parallel to the first three, at a distance of 60 centimeters.
- Stand in a ready position at the start marker.
- Advance in the "river", that is to say between the first three markers, and hit the ball in front of your body.
- Bend your knees and push toward the net to accompany the ball after contact. It is important to maintain your forward momentum and cross the "river".
- Your coach will send you balls for your forehand and backhand. After each volley, backtrack to the start marker to prepare for the next one.



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



<https://elouan-tennis.com>