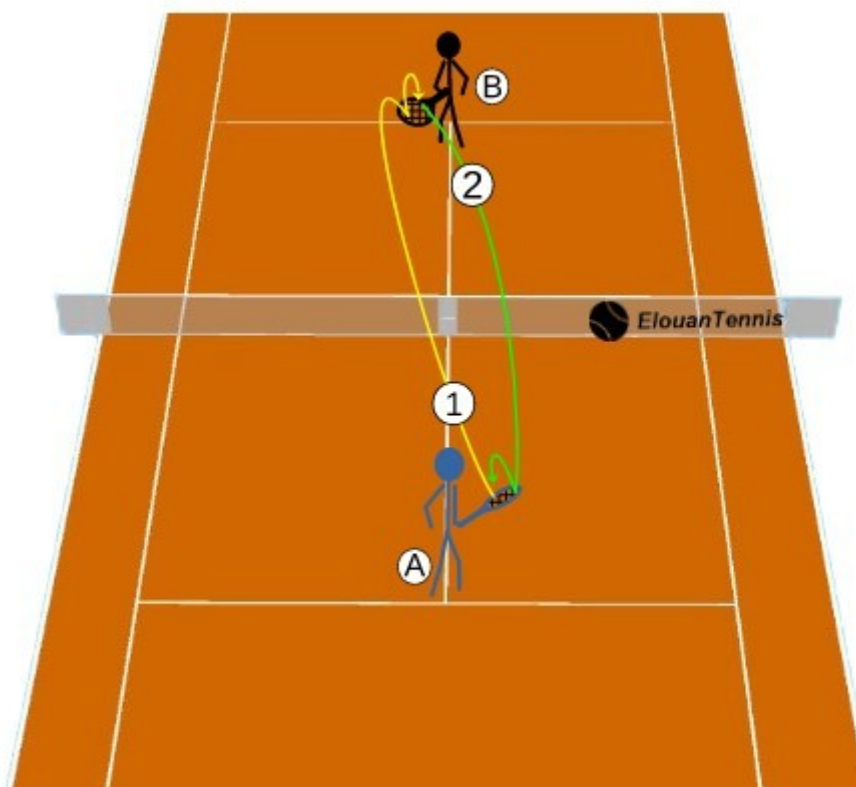


## Two-player volley drill – absorbing the ball before volleying it back

Category(s):	drop shot, ball touch, volley
Level:	Yellow ball - Intermediate
Duration :	10 min
Materials:	-



Hi friends !

This exercise is a great way to improve coordination, touch and reflexes during a tennis volley.

### Execution of the exercise:

- Player A sends a ball to player B, who absorbs it and returns it after a bounce on his racket.
- Then, player A performs the same action and returns the ball on his turn.

To increase the difficulty and diversify the skills worked, variations can be introduced such as using a drop shot with the forehand and a volley with the backhand and vice versa.



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



<https://elouan-tennis.com>