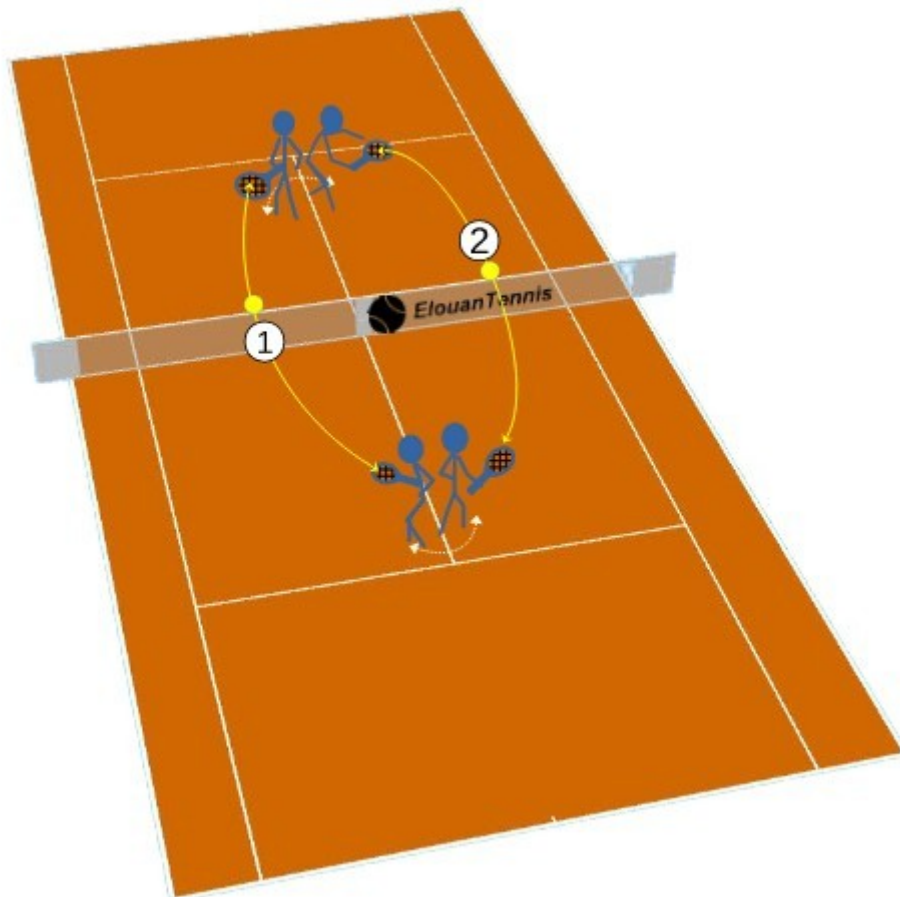


Two-player volley drill - alternate between a forehand and a backhand volley

Category(s):	Intensity, volley, coordination
Level:	Yellow ball - Intermediate
Duration :	10 min
Materials:	-



Hi friends !

For this exercise, we will alternate between a forehand volley and a backhand volley. We both stand at the net and send 30 forehand volleys and 30 backhand volleys. It's really nice to work on the volley on both sides at the net!



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



<https://elouan-tennis.com>