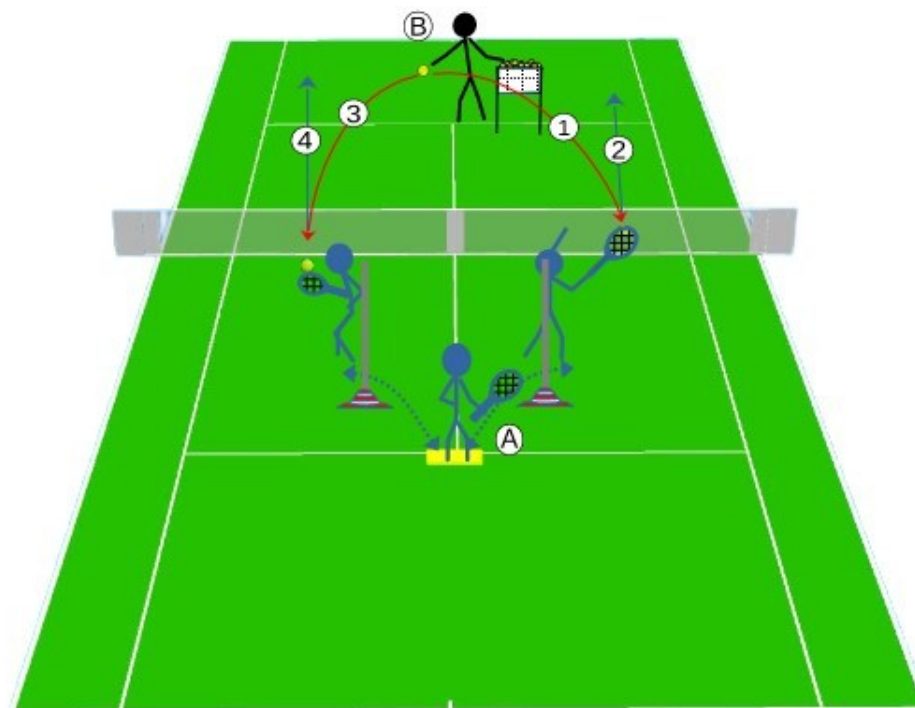


## Volley exercise - practice with two training blocks

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



Hello everyone !

Today, we are going to do an exercise to improve our tennis volleys with cones.

We start by placing a marker on the service square line. Then, place two blocks 1 meter to the right and left of the marker to form a "V".

We place ourselves behind the marker with knees bent, the head of the racket pointed upwards, and the elbows slightly bent and a little away from the body.

- 1) The coach sends us a ball to the forehand.
- 2) We advance diagonally and hit the ball with a forehand volley forward and down in front of the cone. Then, move back towards the marker.
- 3) Afterwards, the coach sends us a backhand ball.
- 4) We advance diagonally and hit the ball with a backhand volley forward and down in front of the cone. Then, we move back towards the marker by going backwards.

This exercise is great for focusing on forward movement and avoiding any backward preparation movements.

In addition, it helps us improve our volley technique and our placement on the court.



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



<https://elouan-tennis.com>