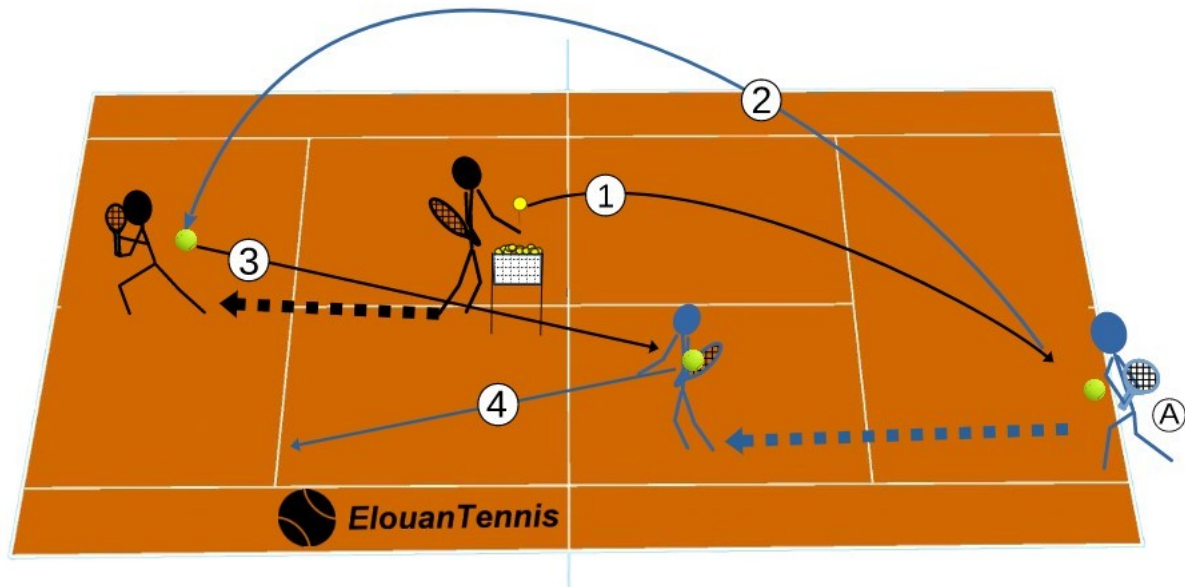


## Defensive Lob Transition Drill - Offensive Net Climb

Category(s):	attack, defense, lob, backhand
Level:	Yellow ball - Intermediate
Duration :	10 min
Materials:	Basket of balls



Hi friends !

This exercise consists of performing a defensive backhand lob followed by a climb to the net and a winning volley.

### Execution of the exercise:

- Player A performs a defensive backhand lob in response to a ball sent by the coach.
- Immediately after the lob, Player A moves quickly toward the net.
- Player A anticipates the coach's response and hits a winning volley to win the point.

**NB:** The defensive lob must be precise and sufficiently deep. The climb to the net must be quick and well anticipated. The winning volley must be well placed.



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



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