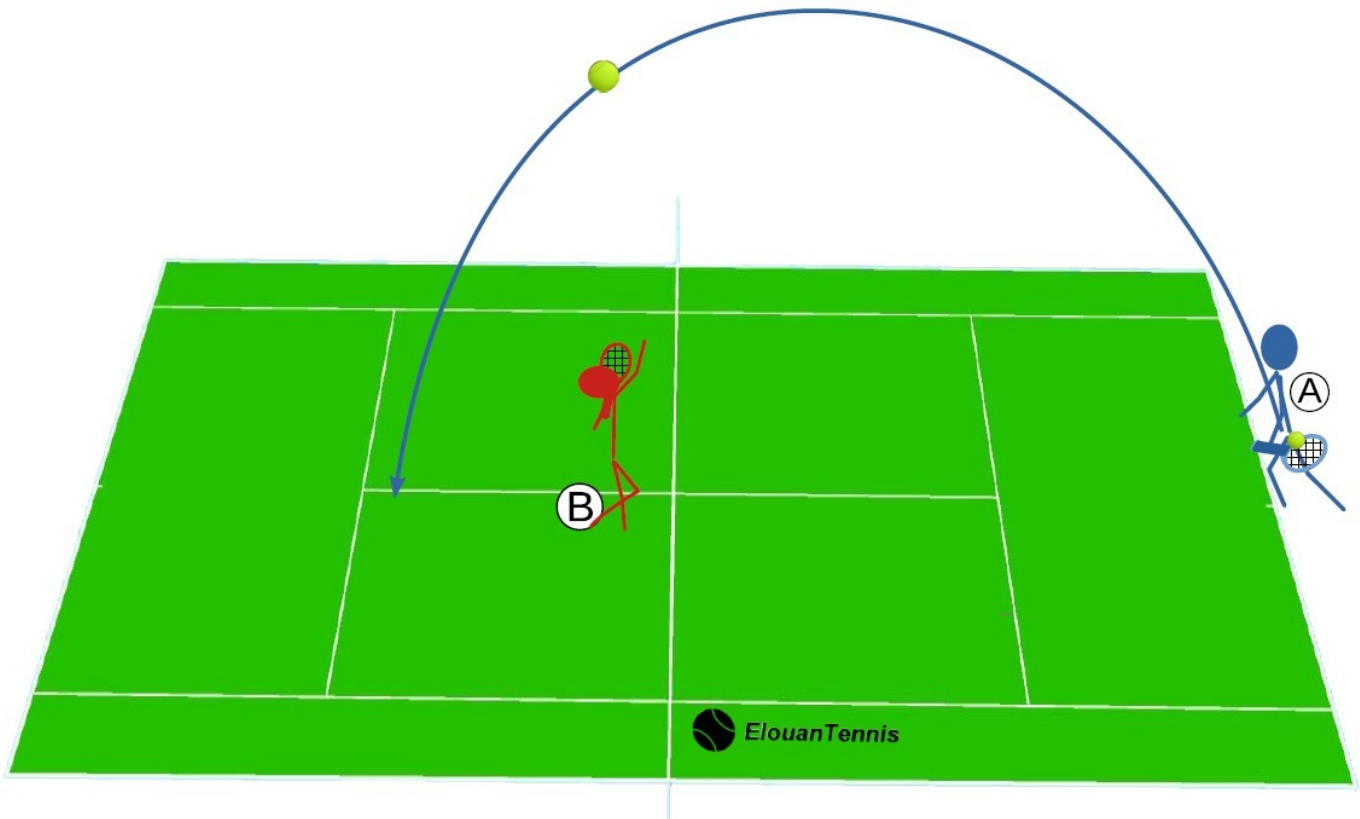


## Exercise – Favor the height of a lob rather than the depth

Category(s):	Lob, strategy
Level:	Yellow ball - Intermediate
Duration :	10 min
Materials:	Basket of balls



Hi friends !

When you perform a lob in tennis, it is sometimes strategic to favor height rather than depth.

By using a volley for your lob, you can send the ball high, which will allow it to gain speed when it comes down.

This high trajectory will make the ball more difficult for your opponent to return, especially if they try to spike it. Additionally, wind and sun can get in the way and add additional difficulty for your opponent.



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



<https://elouan-tennis.com>