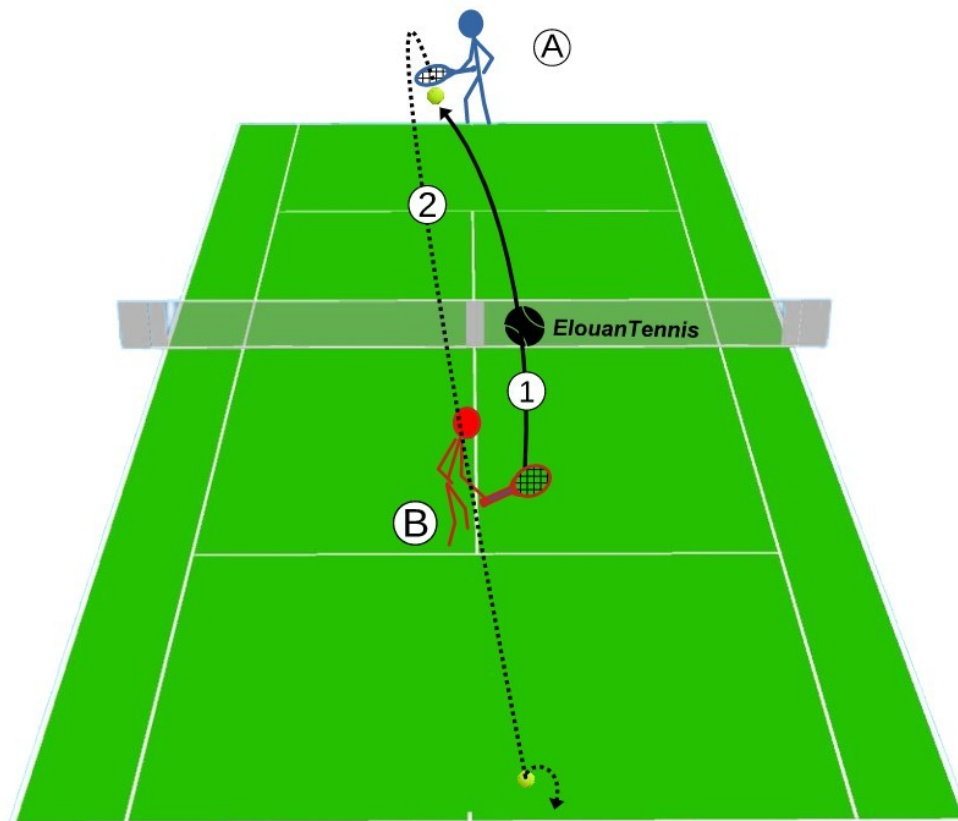


Exercise – Learn to lob for a beginner

Category(s):	Lob, Smash
Level:	Yellow ball - Intermediate
Duration :	10 min
Materials:	-



Hi friends !

Today we are going to do an exercise to practice doing lobs.

Execution of the exercise:

- Player A stands near the baseline, while his partner is at the net.
- The net partner sends easy volleys so that Player A can practice lobs.
- Player A must hit the ball at-above the partner's head and aim for an area near the opponent's baseline to make the lob difficult for his partner to catch.

Repeat the exercise several times to improve the precision and timing of lobs.



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



<https://elouan-tennis.com>