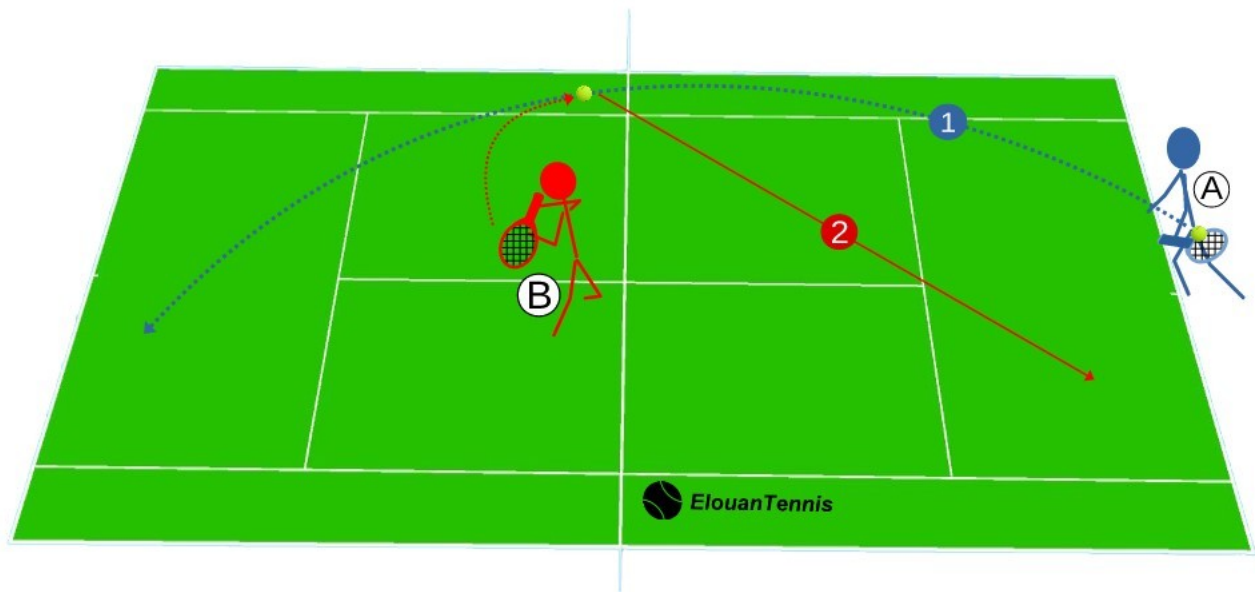


Exercise – Lob versus smash

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



Hi friends !

Today, we're going to do an exercise to practice doing lobs and smashes at the same time.

Execution of the exercise:

Player A stands near the baseline, while his partner is at the net.

The idea is that the player at the baseline attempts to lob over the player at the net.

If the lob is successful and the ball lands without being touched by the player at the net, then the player at the baseline scores a point. However, if the player at the net manages to intercept the lob and hit a winning smash, then he is the one who scores the point.

This adds a competitive dimension to the exercise while highlighting the lob and smash technique.



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



<https://elouan-tennis.com>