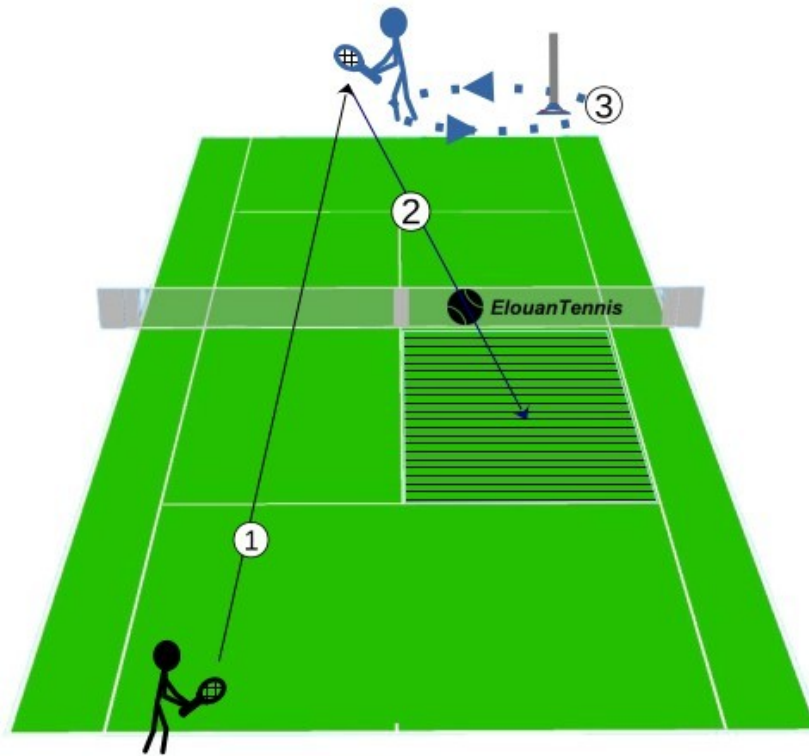


Exercise for speed, precision coordination and control of the forehand

Category(s):	precision, control, forehand
Level:	Yellow ball - Intermediate
Duration :	5 min
Materials:	Basket of balls



Hi !

Today I had a really cool workout with my trainer. We worked on my speed, my coordination and the control of my forehand.

Here's how it went:

- 1) My coach threw a series of balls at me.
- 2) My challenge? Return the ball only to the gray area of the field.
- 3) After each exchange, I had to quickly go around the plot before returning the next ball.

My coach insisted that I had to return strong, tight balls. Not easy with the race around the plot, but frankly, it was fun! Additionally, aiming only for the gray area forced me to be more and more precise with my forehands. It was like a double mission: to be fast and super precise.

A real challenge, but I had a blast ;)



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



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