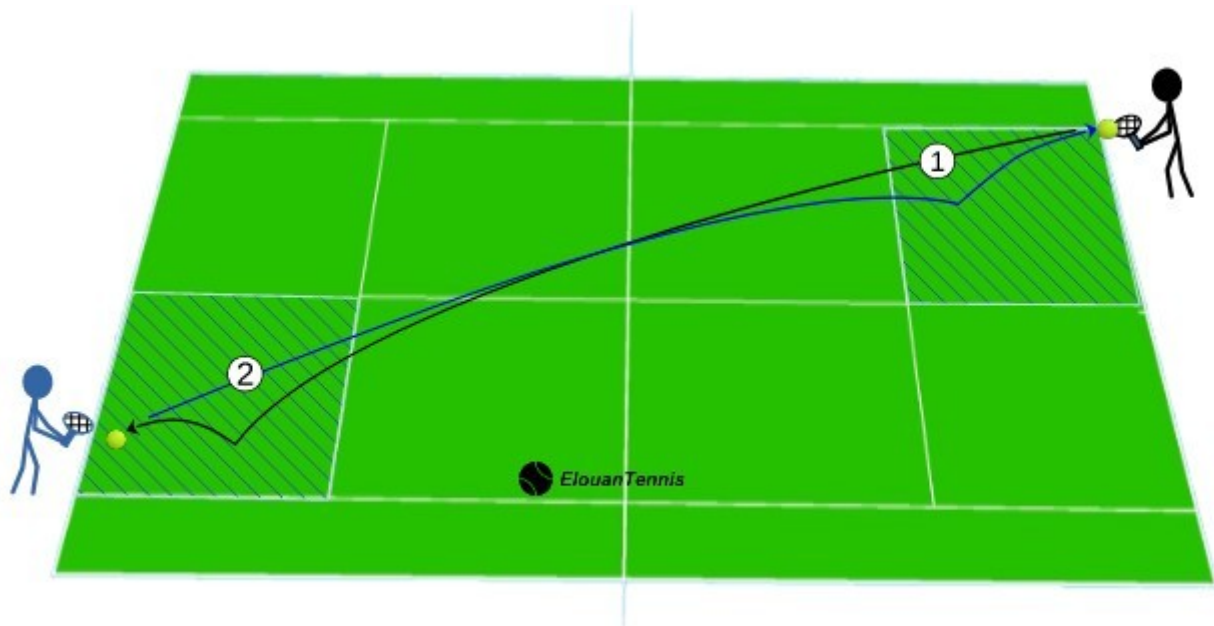


Exercise in address, precision and spatio-temporal control of the forehand

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



Hello everyone !

Today I had an intense training session with my coach and my partner. The goal was to perfect my forehand and my smash.

Here's how it went:

- 1) My coach, A, threw a series of lob balls to my partner, B.
- 2) My partner B had to smash these balls with all his power.
- 3) As a C player, my role was to return those balls with forehands.

We alternated our positions between my partner and I to work on our respective forehands and smashes. To make matters worse, our coach sent balls at very varied paces.



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



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