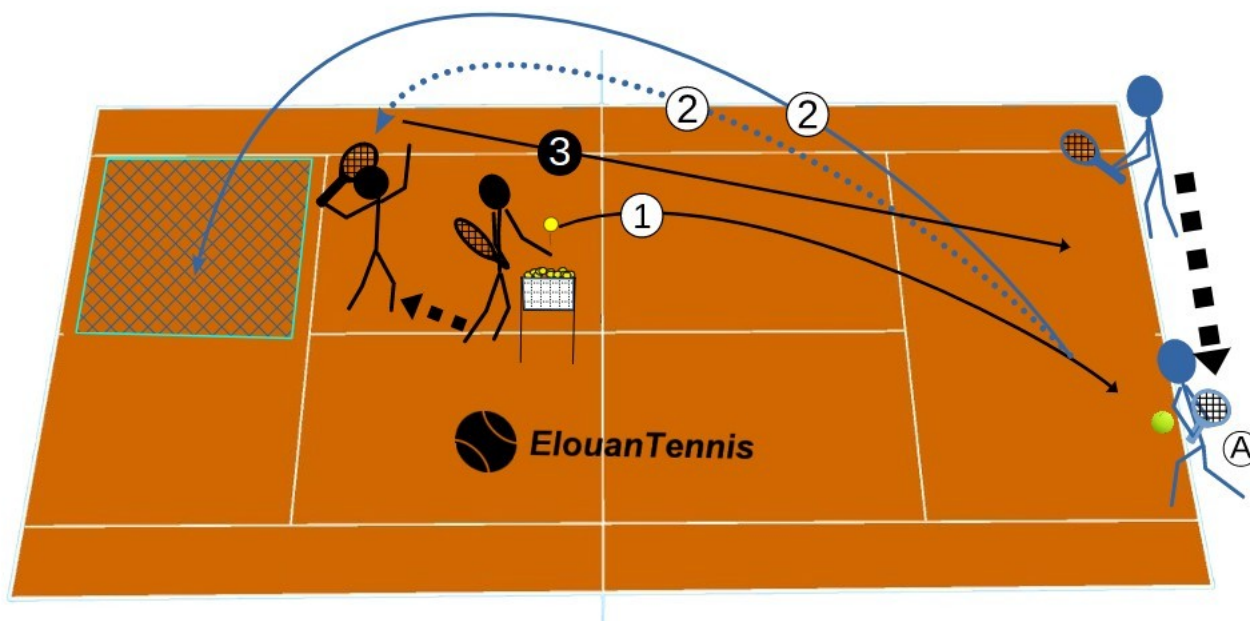


Lob Drill – Practice the Defensive Lob

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



Hi friends !

Today we are going to look at a drill to improve our defensive backhand lobs.

Execution of the exercise:

- Player A positions himself near the baseline.
- On the other side of the court, the coach stands at the net.
- The coach sends a ball to player A's backhand side.
- Player A must then return the ball with a defensive backhand lob, passing it over the coach and into the target zone deep.
- If the lob is soft and shallow, the coach spikes the ball back. Otherwise, he lets the ball fall back into the target area.

The objective is to play the backhand lob with a lot of height and depth and to target the target area well.



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



<https://elouan-tennis.com>