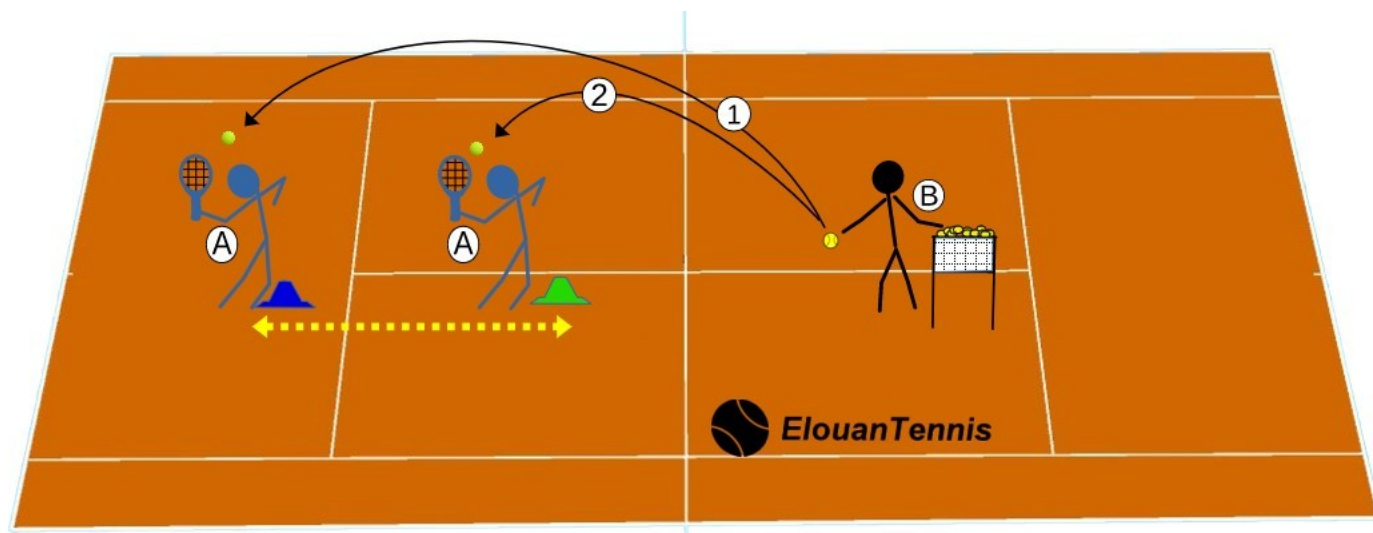




## Smash Drill - Perform a forward smash and a backward smash

Category(s):	movement, reactivity, Smash
Level:	Yellow ball - Intermediate
Duration :	10 min
Materials:	Plots, basket of balls



Hello friends, here is an exercise to improve smash skills in different situations.

### Execution of the exercise:

Two cones are placed on the court, a blue cone is positioned behind the player, and a green cone is placed closer to the net, in front of the player.

- The player initially positions himself near the green block.
- The coach throws a ball high in the air towards the blue block, thus simulating a smash situation.
- The player quickly steps back towards the blue block to hit the ball with a smash.
- The coach throws a second ball high in the air towards the green block.
- The player quickly advances towards the green block, which is placed closer to the net to hit the ball with a smash.

And so on !

This drill works on both backward and forward smashes, which helps improve the player's versatility and responsiveness on the court.



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

