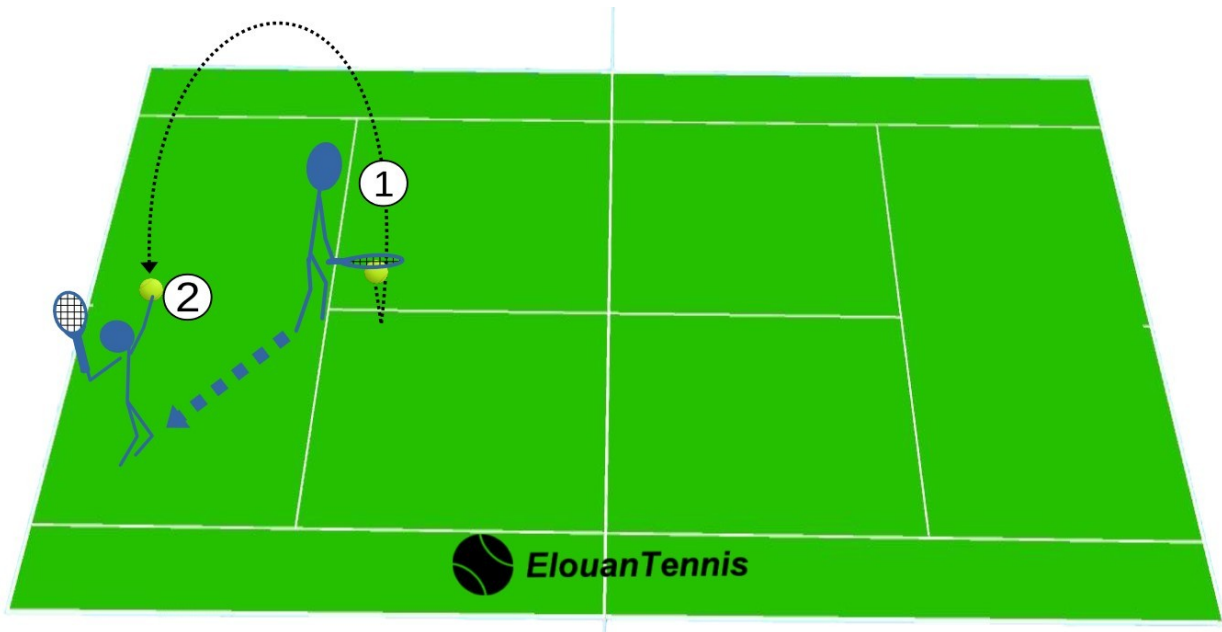


Smash drill – Work on placement and timing

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



Hello everyone !

This drill is designed to perfect your smash with an emphasis on placement and timing.

Execution of the exercise:

- Drop the ball to the ground.
- Hit the ball firmly toward the ground so that it rises in an arc.
- Anticipate the ball's bounce and move towards its location.
- Then try to catch the ball with the other hand stretched upwards.

This drill will help you improve your placement and timing skills to be in the right position when hitting the ball. It will also allow you to work on your footwork and adjust your timing to succeed in your smashes.



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



<https://elouan-tennis.com>