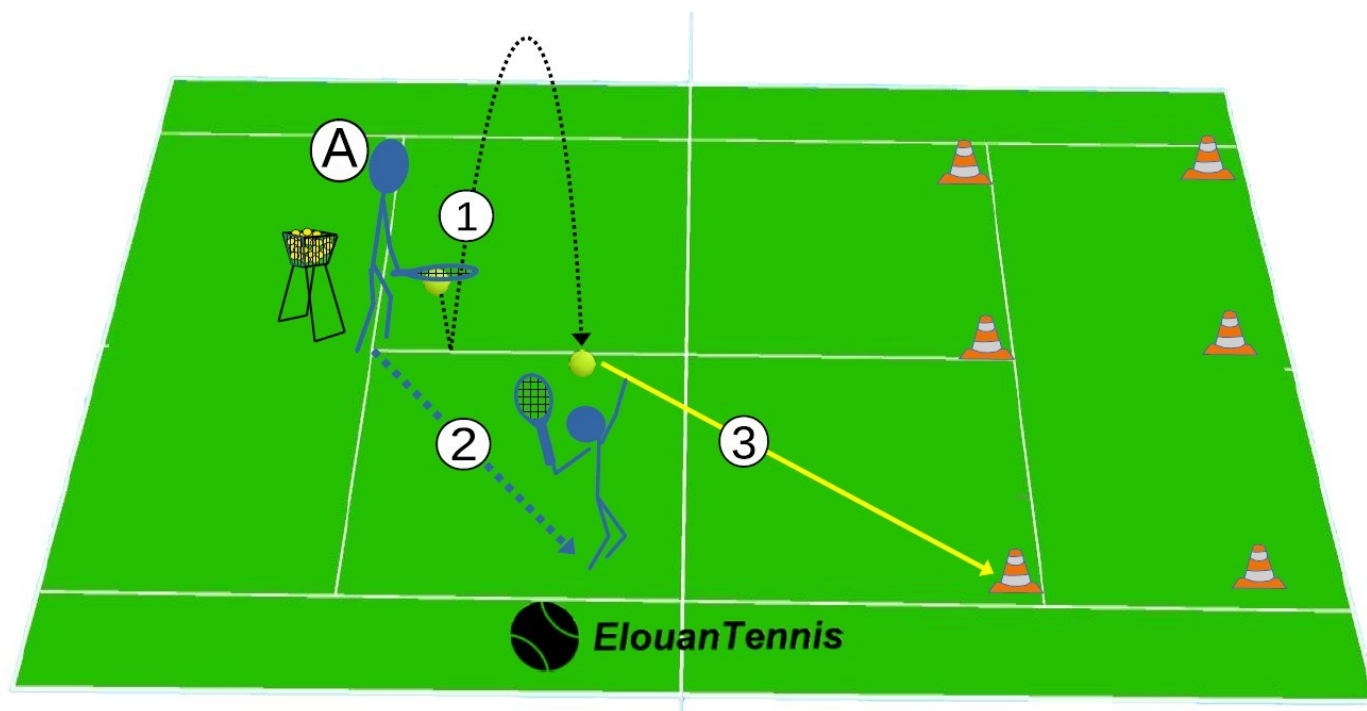


Smash drill – Work on precision and solo placement

Category(s):	placement, Accuracy, power, Smash
Level:	Yellow ball - Intermediate
Duration :	10 min
Materials:	basket of balls, cones



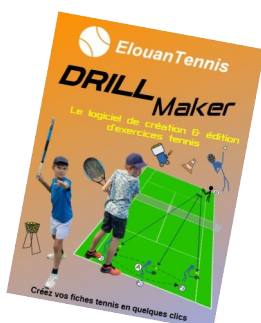
Hi friends !

This exercise aims to improve your smash by working on both precision and power.

Execution of the exercise:

- Place cones as targets on the other side of the field.
- Position yourself in the center, at the T, and drop the ball to the ground.
- Hit the ball hard towards the ground so that it goes vertically.
- Anticipate the ball's bounce and move towards its location.
- Then smash by choosing a target among the cones according to the trajectory of the ball.

This exercise will allow you to perfect your smash by working on placement, power and precision.



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



<https://elouan-tennis.com>