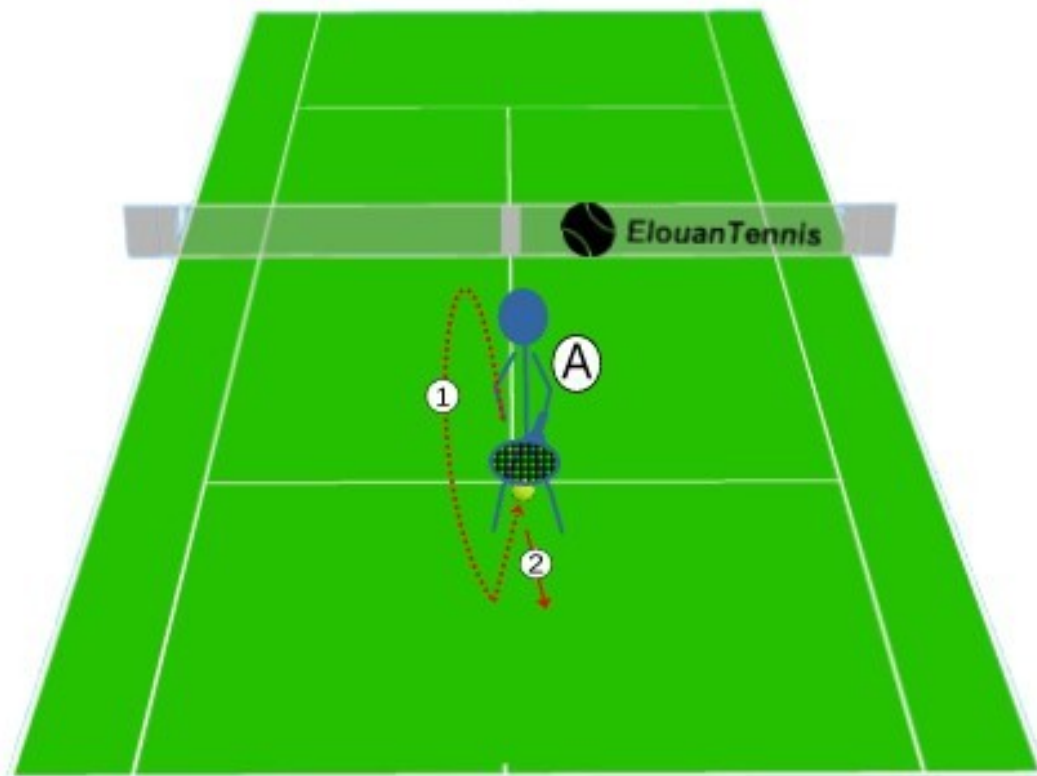


Smash exercise – learn the Pancake smash

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



Hi friends !

In this exercise, we learn to hit the ball with the edge of the racket to perform a particular smash called "pancake smash".

Imagine that you crush a pancake with a pan, that's a bit like it! We try to direct the ball downward with force and precision.

The objective is to hit it in such a way that it goes down quickly and is difficult for the opponent to return.

This is a good exercise to work on our smash and control when we are on the fly.



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



<https://elouan-tennis.com>