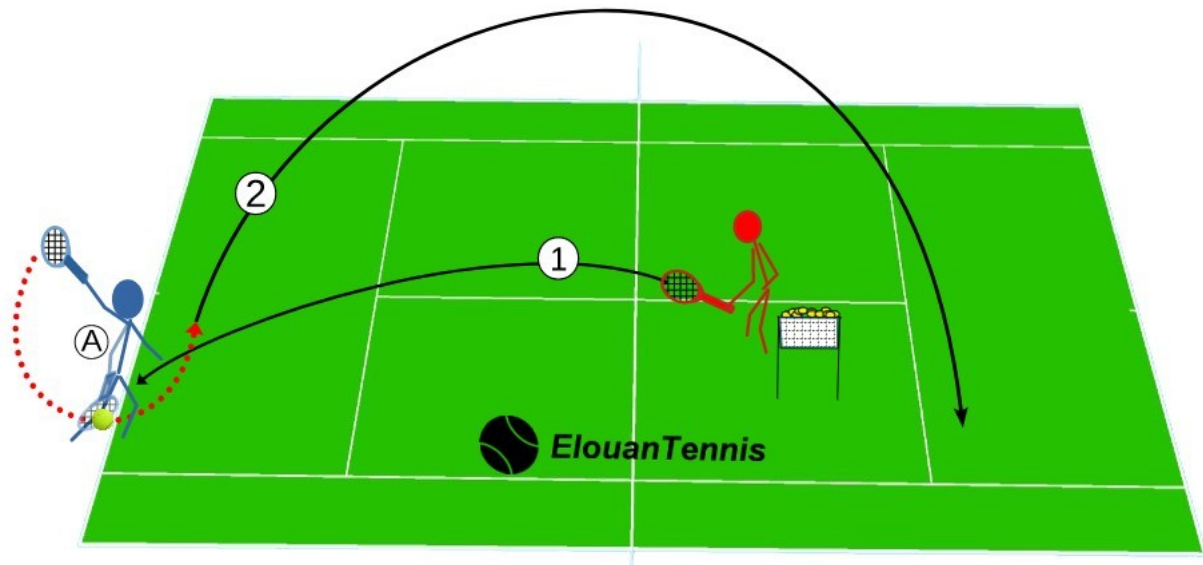


Tennis Exercise – The Perfect Lob Lift

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



Hi friends !

The topspin lob is an attack shot in tennis where the ball falls quickly into the opponent's court. Here's how to execute it correctly:

- Adopt the same grip and preparation as for topspin groundstrokes.
- The racket should be almost at ankle level at the end of the preparation, with the arm extended and the knees bent.
- Make sure that the transfer of body weight is on the back leg. This will allow you to have a stable base for your stroke and generate power.
- At the time of typing, push up with the back leg and twist your upper body upward. Throw the racket head to meet the ball in a bottom-up motion to get the topspin effect.
- At impact, make sure the racket head is parallel to the net.
- Keep your wrist flexible and relaxed to allow the racket to pick up speed.
- Continue the gesture by accompanying the ball upwards and forwards in a pronounced upward trajectory. Make sure the racket is well above your head at the end of the move.



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



<https://elouan-tennis.com>