

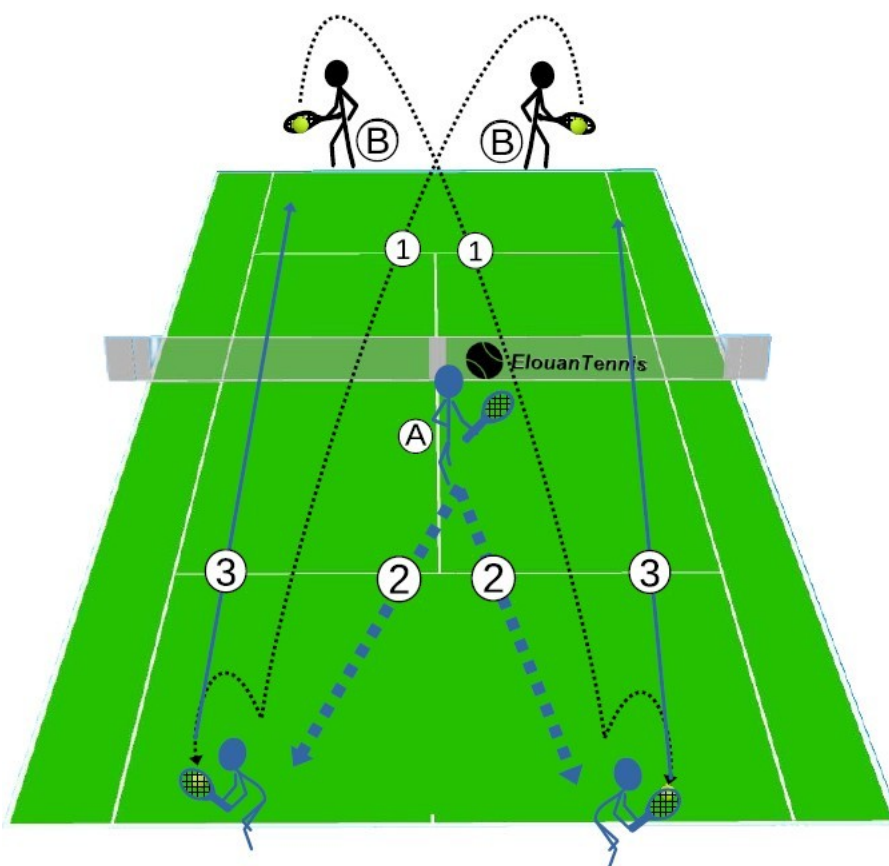
You are lobbed - How to handle a lob in tennis

Category(s):	lob, movement, reactivity, reflex
Level:	Yellow ball - Intermediate
Duration :	10 min
Materials:	

When you are lobbed in tennis, it can create a difficult situation to deal with. Here are some options you can consider to better manage this challenge:

Option #1: Leave the ball aside

Let the ball come to you as you step back. You will thus have the possibility of hitting a forehand or a backhand, thus transforming defense into attack.



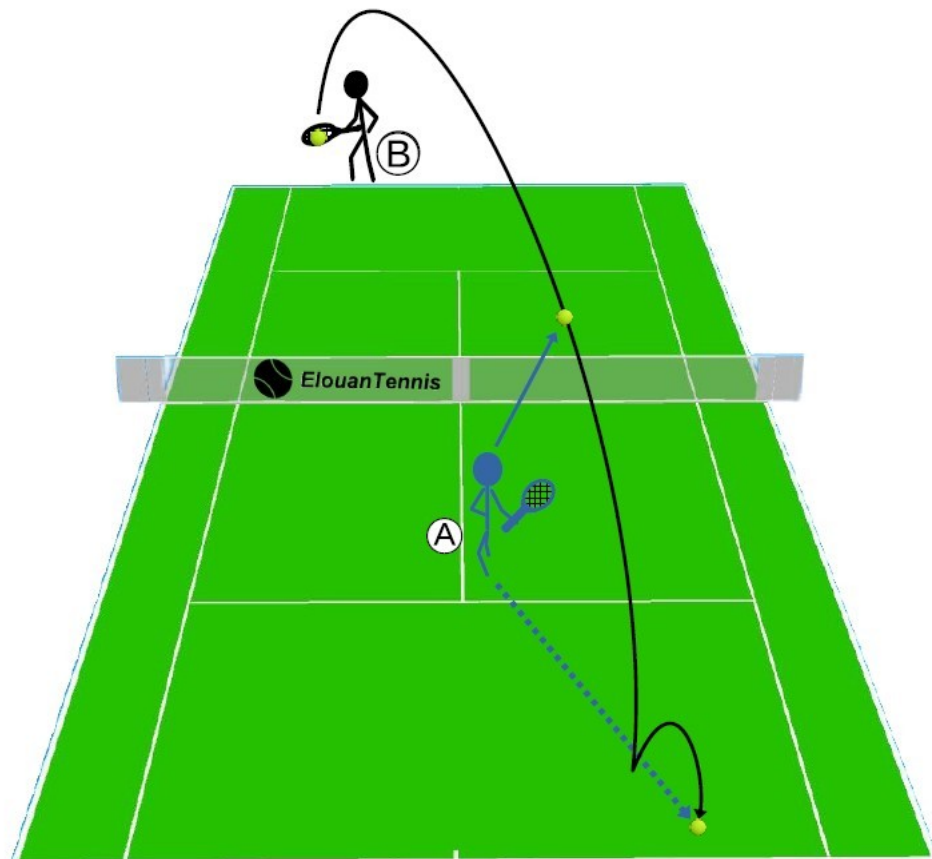
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Option #2: Keep your eye on the ball

When lobbed in tennis, keep your eyes on the ball at all times. The trajectory of the ball is your guide, and looking away only adds to the confusion. By keeping constant attention on the ball, you can better anticipate its location and adjust your positioning accordingly. This will allow you to stay in control of the situation and be ready to react effectively to each lob.



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