

Tennis exercises and tactics - Managing a long ball or out-of-bounds ball

Category(s):	strategy, tactic
Level:	Yellow ball - Intermediate
Duration :	10 min
Materials:	

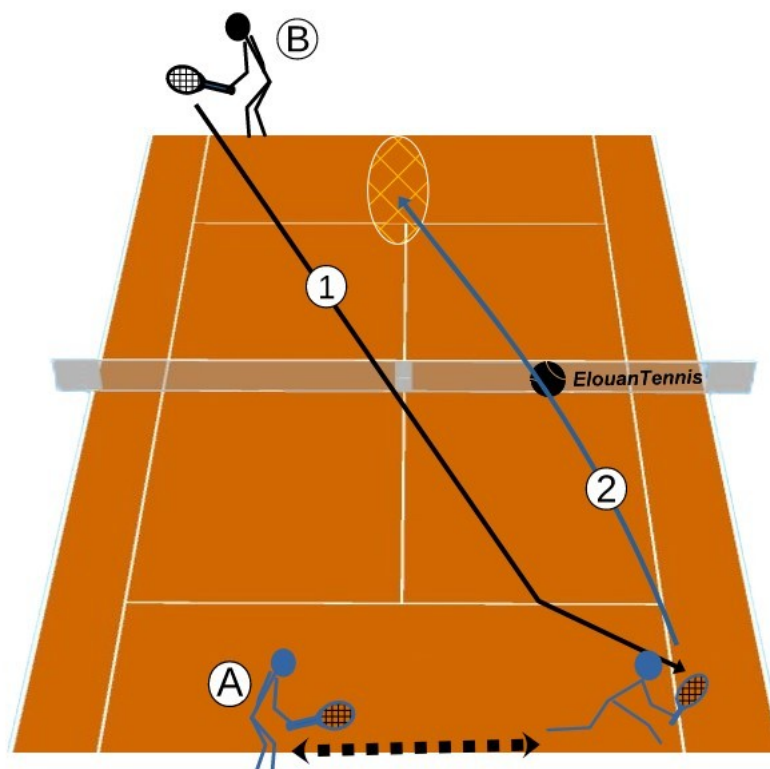
Hi friends !

Today we are going to tackle a tactical exercise on long balls. In this exercise, we will learn how to react to a ball sent wide to the side of the court.

OPTION A:

When Player A receives a long ball, a wise strategy is to return the ball high and deep to the center of the court.

This allows him to stay in the rally, recover quickly and limit the angles of attack that Player B can exploit. It is an approach aimed at maintaining pressure while maintaining control of the point.



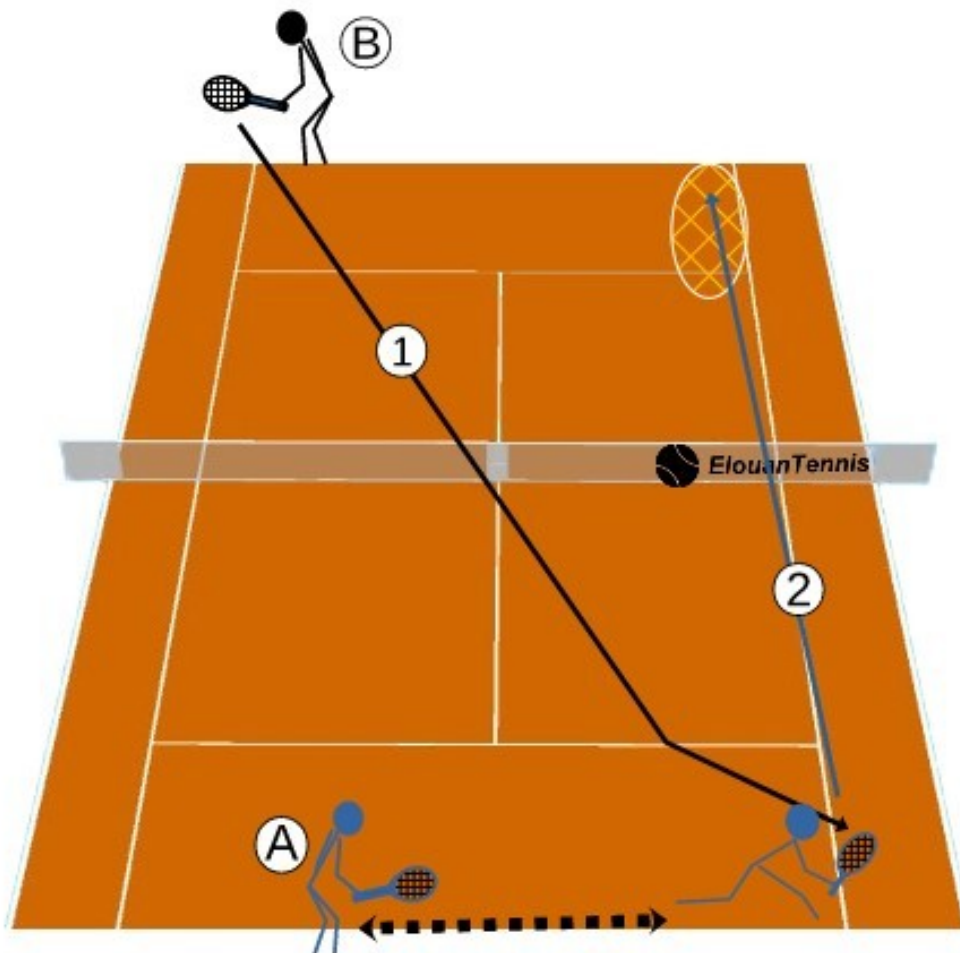
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OPTION B:

Another option for Player A is to retaliate with a powerful shot down the line. This option is riskier but can pay off if executed well. This may surprise Player B.



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