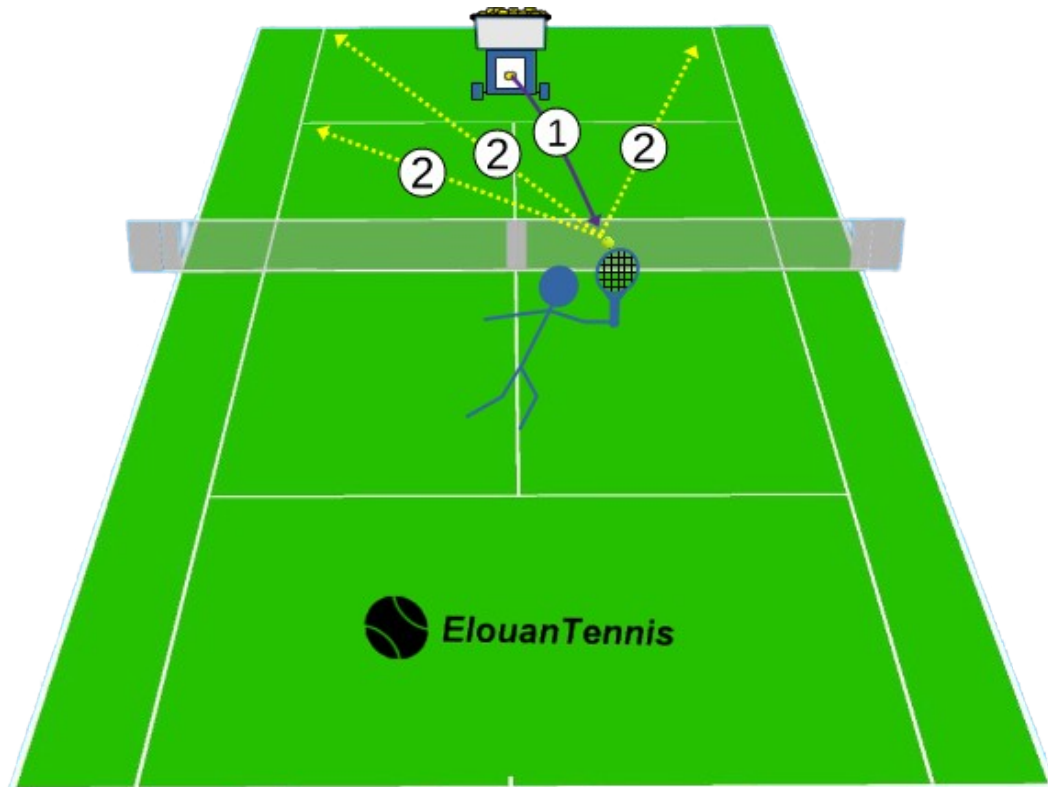


Practice volleys – High forehand volleys

Category(s):	Precision, volley, forehand
Level:	Yellow ball - Intermediate
Duration :	10 min
Materials:	ball machine



Hi friends !

Here is an exercise to improve your forehand high volleys, by working on the direction and power of your shots.

Execution of the exercise:

- Set up a ball machine to send you high balls to your forehand side.
- Position yourself on the center serving line.
- Hit the ball in front of your body, slightly above shoulder height. This allows for better control and steering. Make sure you to properly transfer your body weight through the fly for more power.
- After impact, follow the movement with your racket towards the target to ensure a good finish to the shot.
- You can aim along the line, deep diagonally, or diagonally at a short angle.

TIPS: For this type of volley , you can hit the ball with the face of the racket for a more direct trajectory, flatten your shot and not use spin.



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



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