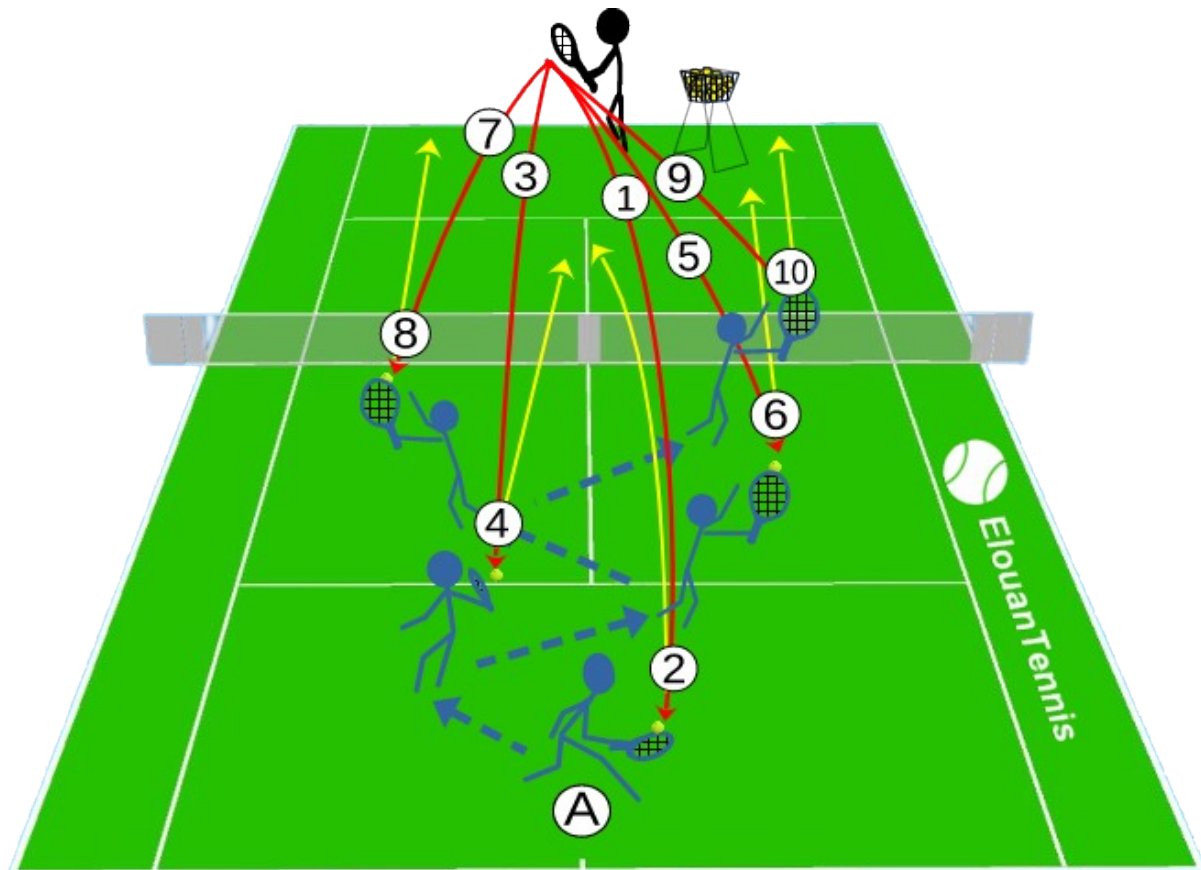


Tennis drill - aggressive drop shot and volley

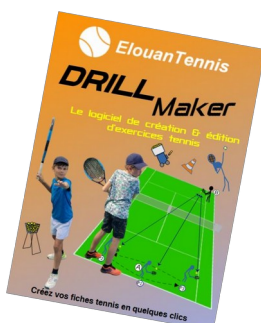
Category(s):	Drop Shots, move, volley
Level:	Yellow ball - Intermediate
Duration :	10 min
Materials:	basket of balls



Hello friends!

Here is an exercise to work on volleys and improve the transition between different positions on the court :

- The coach begins by sending a ball that player A must return with a forehand drop shot.
- Then, he sends a second ball to the player's backhand side.
- Player A must move quickly forward and hit this ball on the fly with a backhand.
- The coach then sends a 3rd ball to the forehand side. The player must again move forward and hit this ball on the fly with a forehand.
- Finally, the coach sends a 4th ball, either to the backhand side or to the forehand side, depending on training needs. Player A must position himself to make a winning volley at the net.



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



<https://elouan-tennis.com>