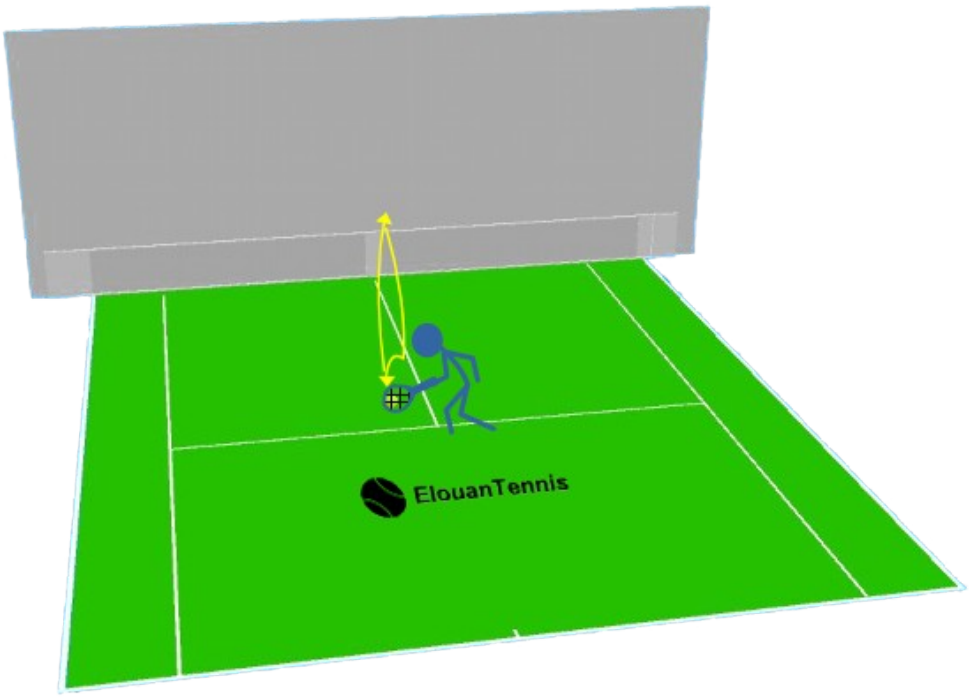
Tennis exercise - backhand half volley at the wall

Category(s):	half-volley, responsiveness, backhand
Level:	Yellow ball - Intermediate
Duration :	10 min
Materials:	



Hi !

Today I'm showing you an exercise to improve half-volley technique, responsiveness and backhand ball control.

Execution of the exercise:

- Position yourself approximately 1 to 2 meters from the wall, in a backhand position with the racket ready.
- Throw the ball against the wall with a backhand motion, so that it bounces once before coming back to you.
- When the ball comes back, hit it backhand with the head of the racket just behind the bounce, before it hits the ground a second time.
- Focus on control and precision.
- Keep hitting the ball in half-volley, maintaining a constant pace. Vary angles and heights to simulate different gaming situations.
- The goal is to hold the half volley for as long as possible to improve your technique, timing and precision.