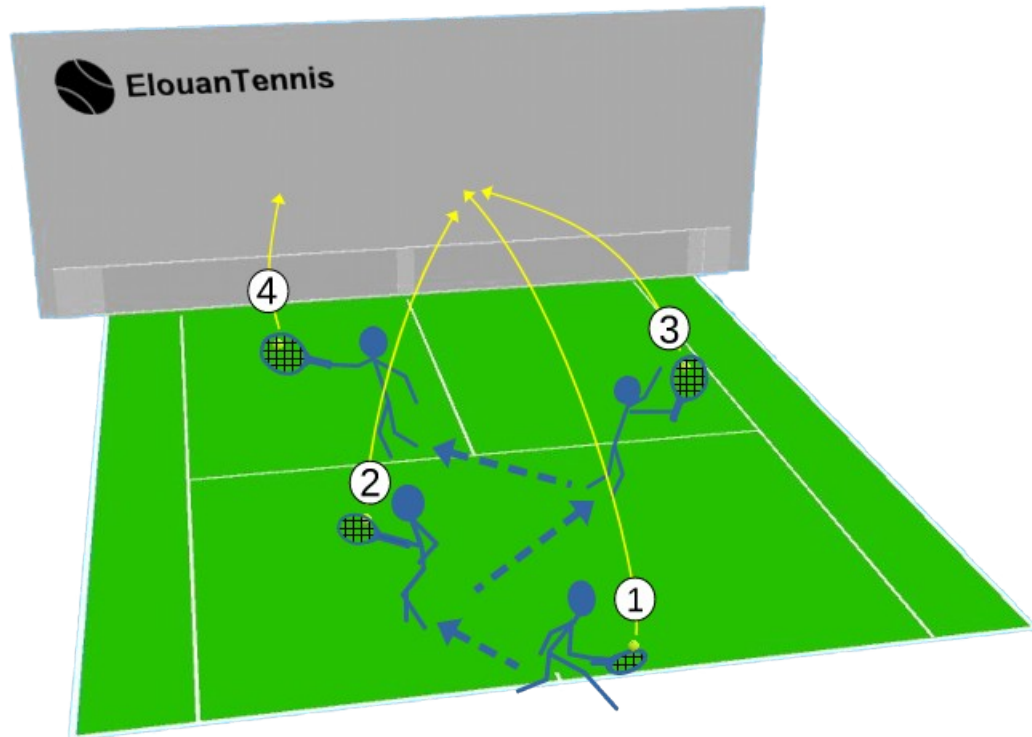


Tennis exercise - net approach to the wall

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



Hi !

Here is a drill to improve net approach, shot variety and the ability to finish points with winning volleys.

Choose a flat, solid wall with plenty of room to move in front of it. Stand approximately 3 to 4 meters from the wall. Hit a groundstroke (forehand or backhand) and let the ball come back to you.

Move towards the net with an approach shot, then continue forward and hit a second ball with a varied shot (lift or slice). Prepare for a volley and finish with a winning volley. Repeat this sequence, varying the types of blows.

TIPS: Ensure proper foot positioning and forward weight transfer when moving forward. Keep your knees slightly bent so you're ready to adjust your position quickly. Maintain good control of the racquet for precise and efficient shots.



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



<https://elouan-tennis.com>