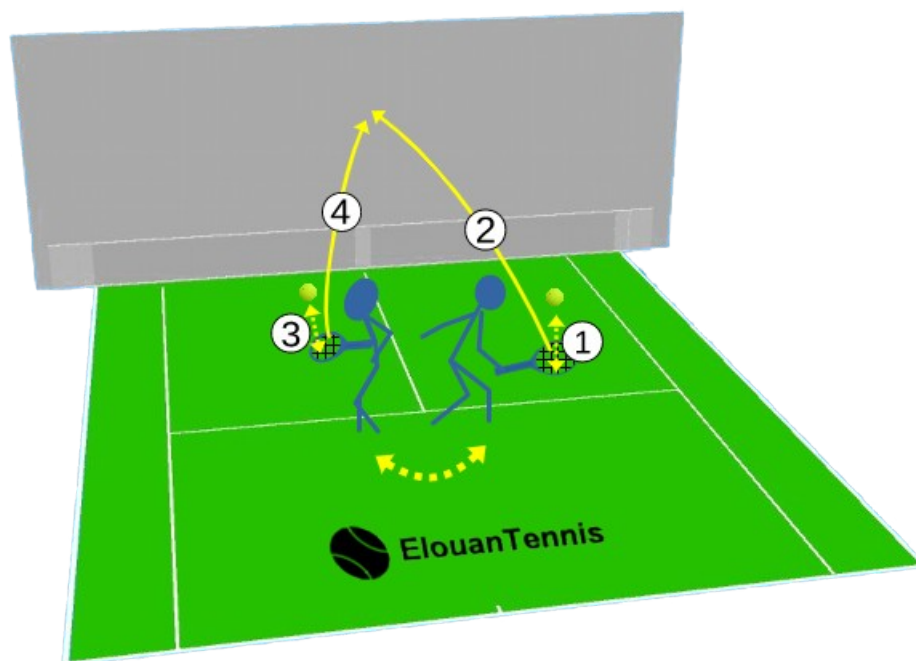


Tennis exercise - work on touching and volleying solo on the wall

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



Hi !

Here is a drill for players of all levels to refine touch and improve forehand and backhand volleying.

Execution of the exercise:

- The player faces a wall at a comfortable distance to perform volleys.
- The player bounces the ball once on his racket (like juggling) to ensure good control.
- After the bounce on the racket, the player hits the ball against the wall with a forehand volley.
- After the ball bounces off the wall, the player lets it bounce once on their racket.
- Afterwards, the player hits the ball against the wall with a backhand volley.
- The player continues to alternate between forehand and backhand volleys, ensuring that the ball bounces once off the racket between each shot.



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



<https://elouan-tennis.com>