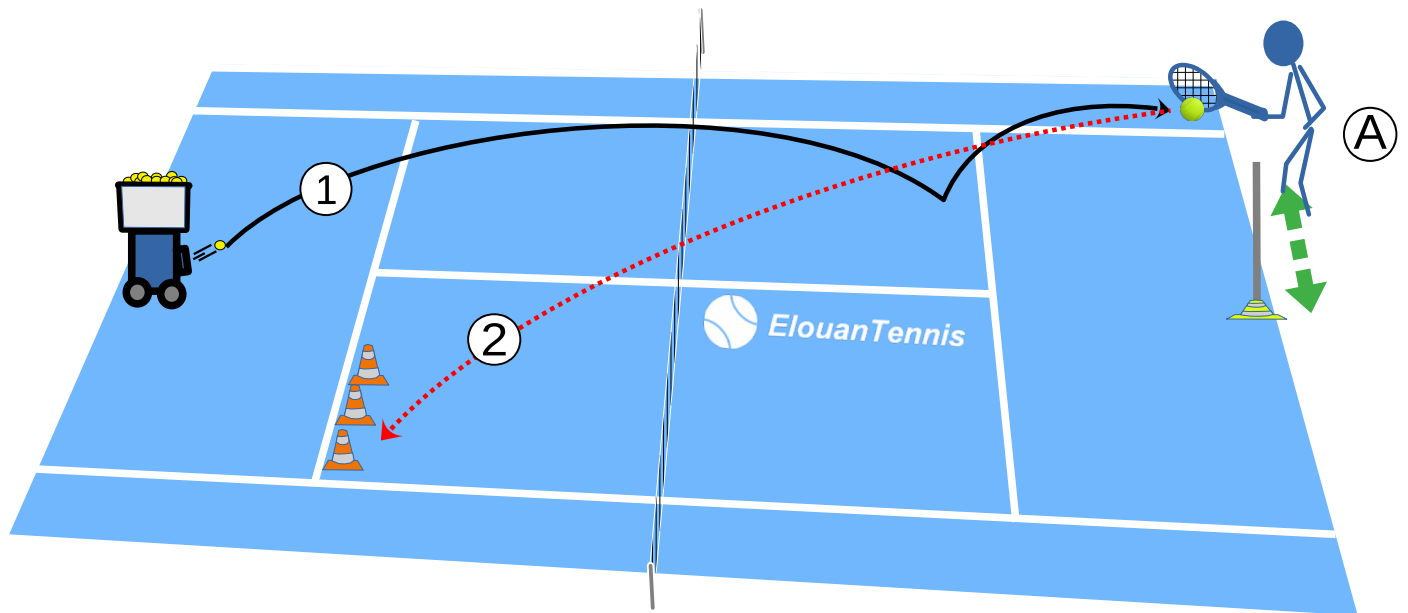


## Tennis Drill – Forehand Precision with Recovery Steps

Category(s):	Precision, forehand, agility, movement
Level:	Yellow ball - Intermediate
Duration :	10 min
Materials:	Plots, Ball machine



Hi friends !

Here is an exercise to improve your lateral movement, recovery speed and forehand consistency.

### Execution of the exercise:

Place a block right next to the center of the court. Use a ball machine to throw balls at you and have the balls land a few feet inside the singles sideline. Start behind the cone and run toward the ball using quick steps.

Hit your forehand while aiming at the targets previously placed in the opponent's court, then quickly return to the block.

Repeat for 8 to 12 balls in a row, then take a 10 to 20 second break before starting again. Aim to do at least five sets of this exercise, which would be around 50 balls.

Remember to use your adjustment step during this exercise.



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



<https://elouan-tennis.com>