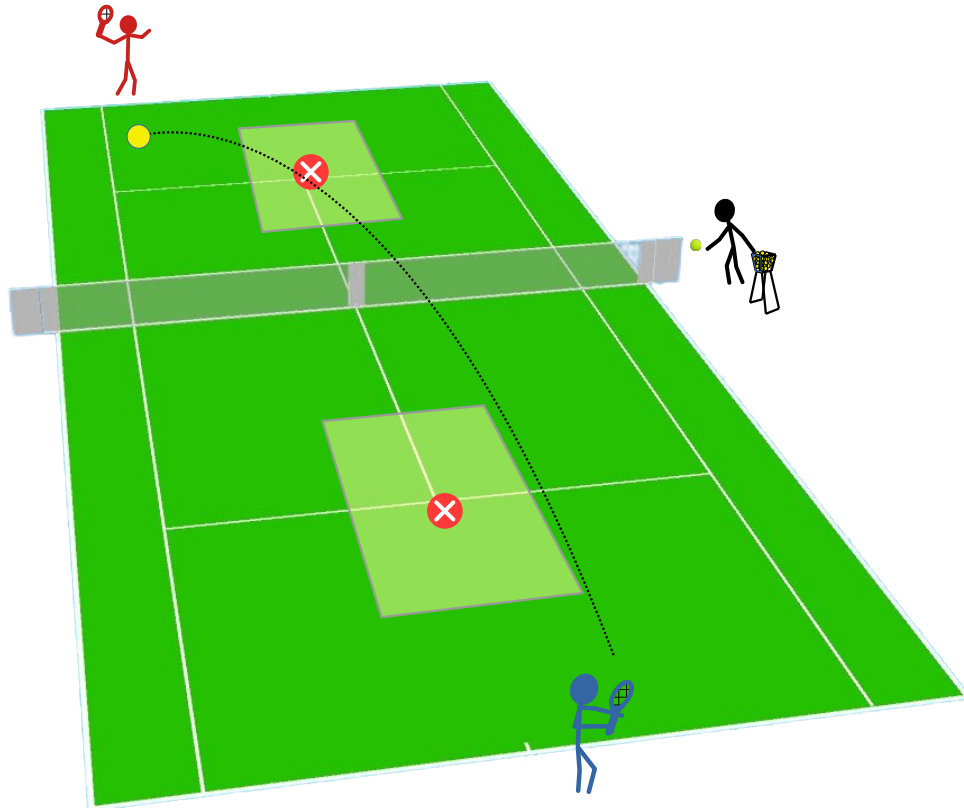


286 The house

Category(s):	backhand, forehand
Level:	Yellow ball - Intermediate
Duration :	10 min
Materials:	Machine balls



In this tennis exercise the goal is to train players not to play in a dangerous area because it allows the opponent to go back better.

This zone is called the house, it is located roughly in the center of our half of the field, If we put the ball back in this area there is a good chance that the opponent can exploit it to attack us.

Also in the construction of the game we will try not to play in this area, find length, and pull out of the area.

This is all the purpose of the exercise:

The house is marked in the field

The two players launch the exchange, small match in 10 points ... if you win the point you mark a point, if you put the ball in the area the point is lost.



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



<https://elouan-tennis.com>