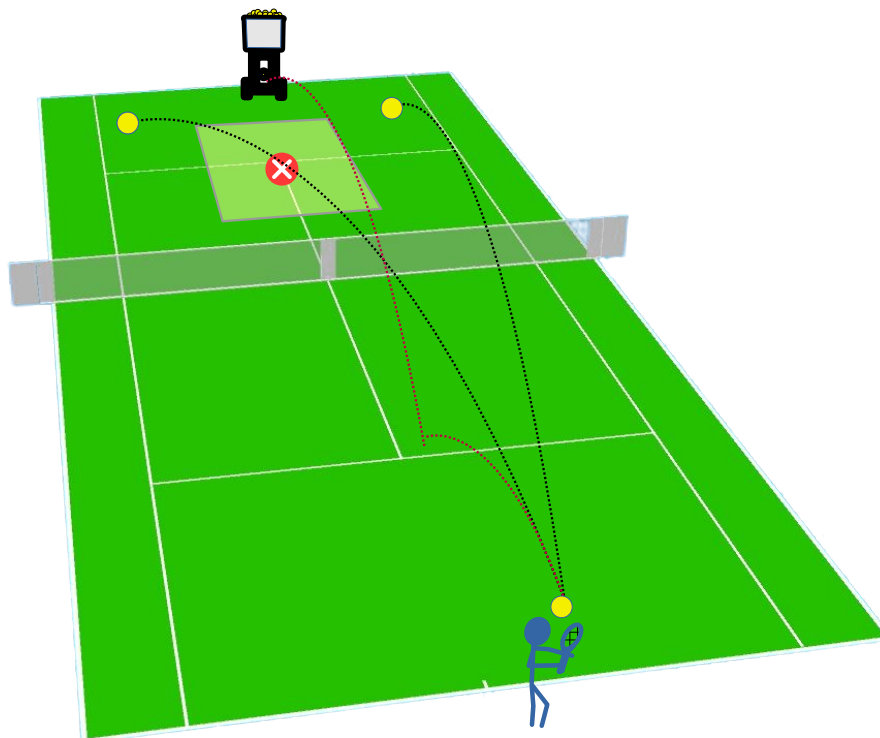


287 - The house with the ball machine

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 ball machine sends the balls and the player must return by targeting outside the house.



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



<https://elouan-tennis.com>