



# Tennis Holidays

CROATIA



Tennis footwork drill



An aerial photograph of a tennis complex in Croatia. The complex features several clay tennis courts, some with green grass surrounds. The courts are situated on a hillside, with a dense forest of green trees in the foreground and middle ground. In the background, a coastal town with buildings and a church spire is visible, overlooking a large blue body of water (likely the Adriatic Sea) with several islands and a few boats. The sky is clear and blue. The entire image is framed by a thin grey border.

# Tennis footwork drill with one cone

The logo for Tennis Holidays Croatia, featuring a stylized tennis racket head with a green ball above it.

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The coach feeds the balls from the basket onto the player's forehand. The cone is in the middle of the baseline.

The player has to switch between a forehand diagonal and a parallel forehand.

The intensity is 95%.

After every hit the player has to move laterally around the cone.

Duration of each practice is 15 seconds, with 20 second break.

Repeat 6 times to complete the series.

Take a 90 second break.

Do the second series the same, but switch between forehand and backhand.

Do the third series hitting only backhands.

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