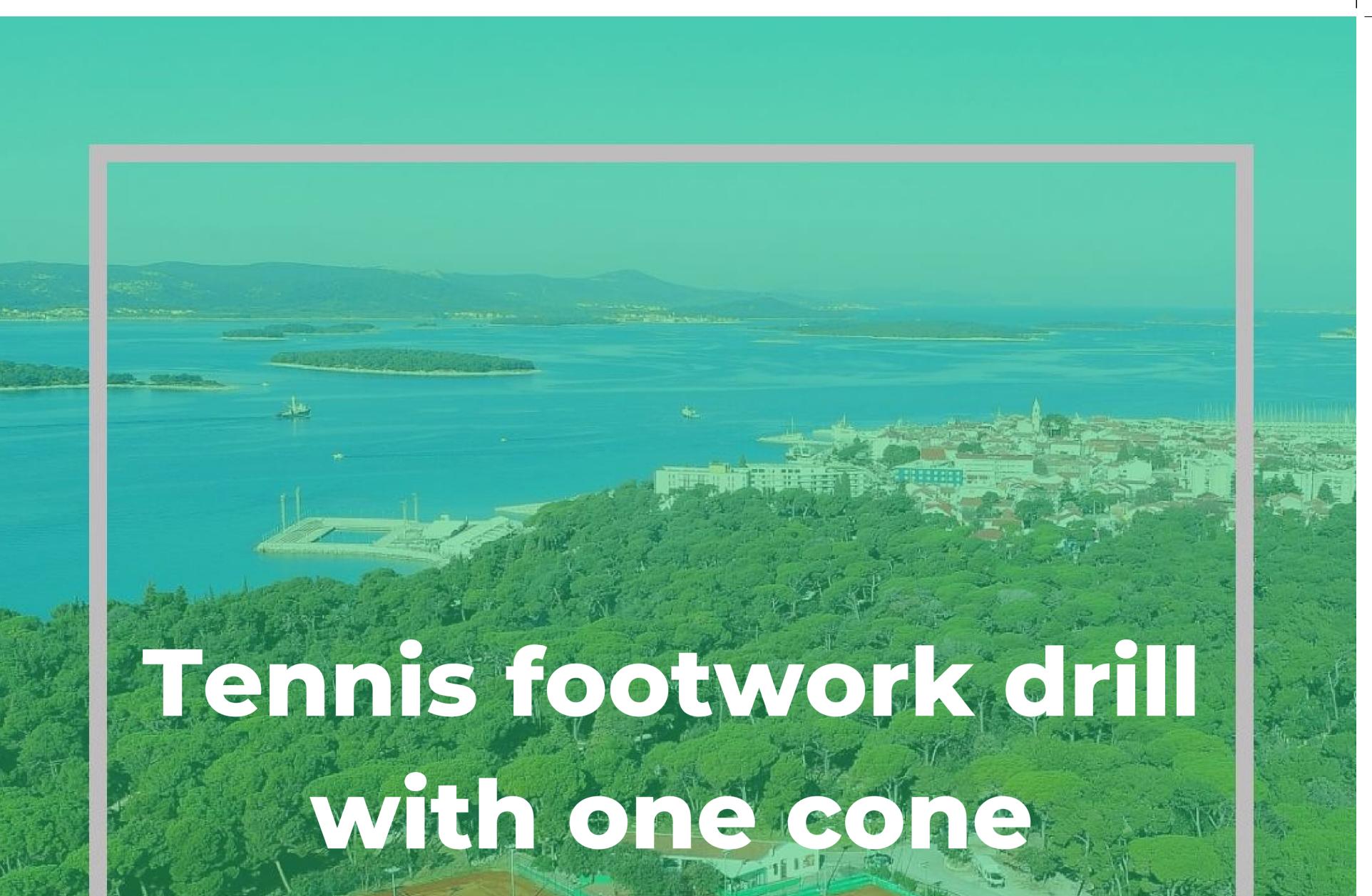


Tennis footwork drill





Tennis Holidays



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



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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