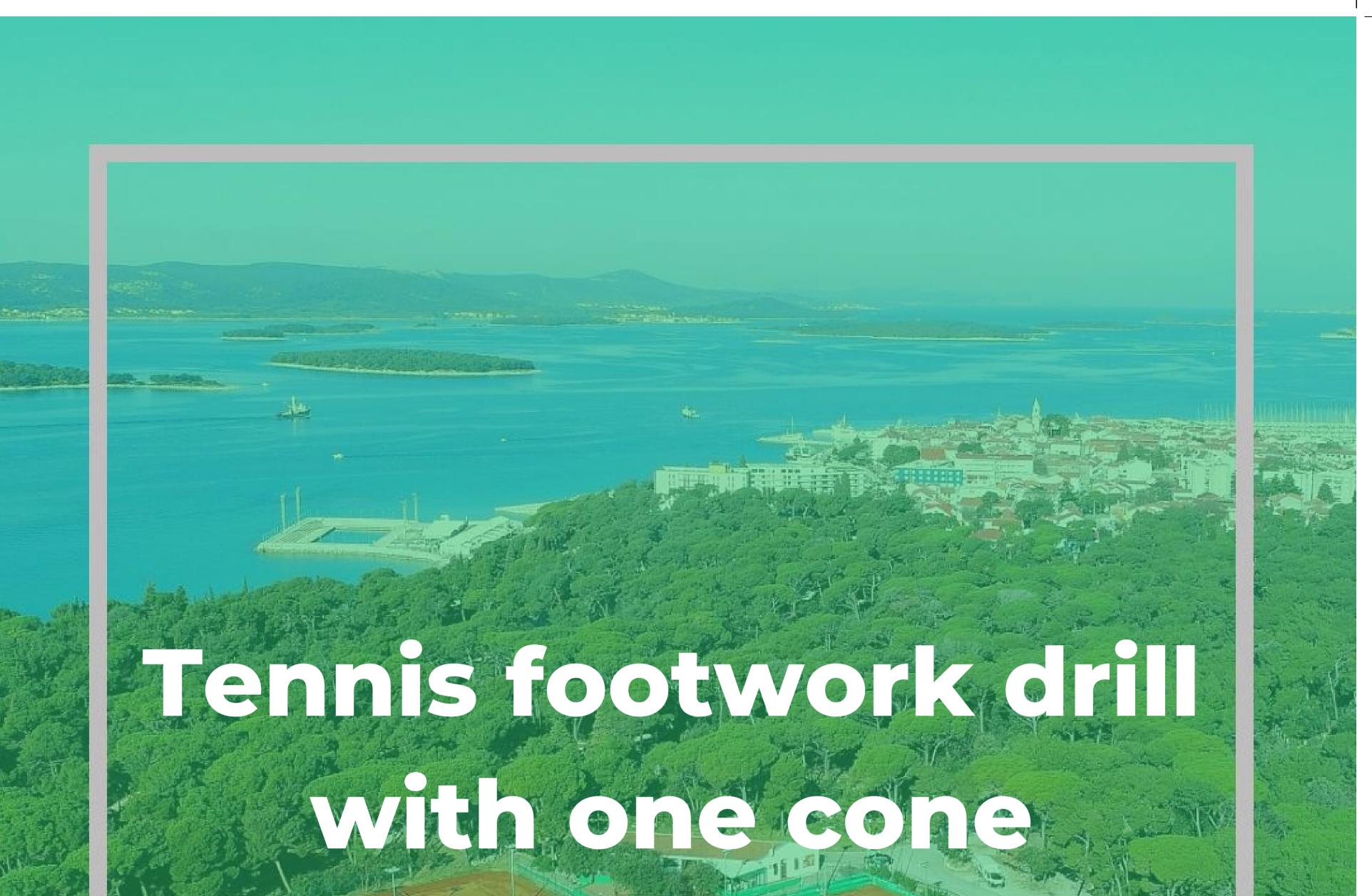


# Tennis footwork drill





### 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.

### Bojan Dvoršek

LTA Level 3 Coach Tennis Holidays Croatia CEO bojan@tennisholidayscroatia.com

<u>https://www.tennisholidayscroatia.com/</u>