

Skill: Consecutive FH

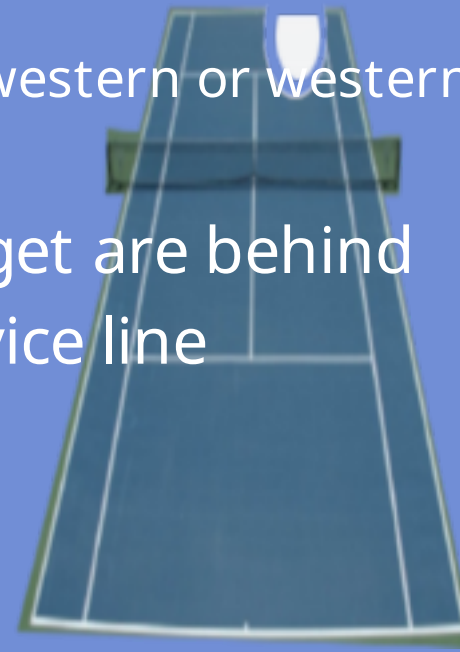
Difficulty: warm-up



Intention

Focus on
footwork: split-turn-in/out-watch
swing: drop below ball, unit turn
contact: in front, from low to high
grip: try semi-western or western

Define target are behind
service line



Drill

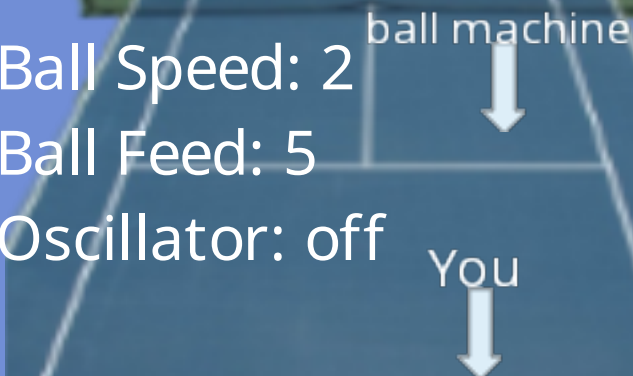
Level 1:
Play to alleys only. Place ball machine into alley opposite yourself.

Level 2:
Move ball machine to opposite baseline (ball feed/speed: 5)

Level 3:
Cross-court. Place ball machine on centre mark of baseline, return balls cross-court

Ball machine set-up

Ball Speed: 2
Ball Feed: 5
Oscillator: off



ball machine

You

The diagram shows a top-down view of a tennis court. A white ball machine is positioned on the baseline, centered between the service lines. A white arrow labeled 'ball machine' points to the machine. Another white arrow labeled 'You' points to the center of the court, indicating the player's position. The court lines are clearly marked in white on a blue background.