

Download Spanish Tennis Drill Manual

This drill also helps players develop natural feel for the reverse finishes. In this drill, I'm feeding the ball low and my player has to use his forearm whip and hand speed to control the ball at his feet. Pato Alvarez, a famous Spanish coach, also does a variation of this drill but focusing more on the rhythm footwork and higher balls.great tennis players, Grand Slam champions and world No.1's. I also ... and Spanish Drills, in which I learned these core drills. Soon after, I joined the RPT, and through their equivalency agreement with the Lawn Tennis Association, was awarded the ... According to the Manual there are 11 Basic Drills. The Sanchez ...This article was adapted from his book, The Tennis Technique Bible, one of several current publication projects. A leading expert on the traditional and progressive Spanish methods of training, Chris's new book Secrets of Spanish Tennis will be published in 2014 by New Chapter Press. When we look at the Spanish forehand the number one characteristic is incredible racket head speed. In a previous article I have referred to racket speed as the holy grail of Spanish tennis. ([Click Here.](#)) Racket speed is what allows Spanish players to develop unequalled levels of spin without sacrificing pace.