

## Skill: volleys - consistency and force

Game phase: neutralising, finishing



ball machine

Ball machine set-up

You

Ball Speed: 3

Ball Feed: 4-5

Oscillator: Off

## Intention

Practice **fundamentals** of volley technique

- no swing: volleys are no short ground strokes
- main variables: sweet spot, angle
- **create force** with heavy parts of the body, not the light ones: weight transfer to inside leg, arm+shoulder instead of hand, wrist

## Drill

Level 1: return 12 volleys into target area

- start again when missed
- increase difficulty: higher ball speed
- mix cross-court, down-the-line

Level 2: apply body weight

- inside leg: left for FH, right for BH



Level 3: low volleys below net

- play with less force, more touch
- mental image: more feel, racket "cannot see" the target