

Skill: Forehand volley

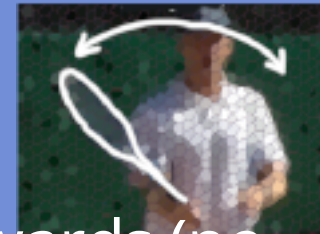
Game phase: Neutralizing,
finishing



Intention

Setting up a FH volley: one fluid move which consists of two:

(1) 45 degree racket turn downwards (no backswing). Less degrees - deeper shot



(2) 45 degree body turn sideways (rotation like for a groundstroke). Turn in, then move to the ball



Drill

Level 1: Degree awareness
Hold racket perpendicular to the ground. Move it by 90 degrees with wrist, left and right. Reduce to 45 degrees

Level 2: Volley contact
Hold racket at 45 degrees. Move towards the ball, with ball contact practice 2nd motion only

Level 3: Fluid move
With the 2nd motion at ball contact add the 1st motion to practice the complete shot

ball machine

You

Ball machine set-up

Ball Speed: 3

Ball Feed: 4-5

Oscillator: Off