

Skill: Handling fast balls

Game phase: Neutralising



ball machine

Ball machine set-up

Ball Speed: 6-7 (aiming low)

Ball Feed: 5

Oscillator: Off

You

Intention

Awareness of tense/panicked/rushed shots: Fast balls cause **panic of being late.**

Compared to normal balls

- **watching ball** after bounce is too late
- **preparing swing** after bounce is too late
- **usual footwork formula** is too slow

Solutions:

Initiate swing earlier than usual
Swing shorter and slower than usual

Drill

Level 1: No baseline crossing
Balls will land close to baseline. Don't let them cross it, finish your shot before.

Level 2: Fast vs. slow

Set ball speed 4, return fast balls

Set ball speed. 7, return slow balls

Level 3: Oscillation

Ball feed: 4-5. Define a target area: deep, cross, or down-the-line