

Skill: Handling high balls

Difficulty: medium



ball machine

Ball machine set-up

Ball Speed: 5/6, aiming high, above head

Ball Feed: 5

Oscillator: Off

You

Intention

Avoid hitting high balls down
- makes them attackable for opponent. Aim horizontally instead, for deep returns

Opponent returns them short and attackable instead

Swing path compared to waist-high shots:

- acceleration from moving across the ball, not upwards
- prepare high, hold racket *diagonally up*
- mental image: aim along the ball's equator, not below the equator as usual



Drill

Level 1: Swing path
Aim for horizontal, deep balls.
Focus on horizontal swing path

Level 2: Racket head
Focus on the diagonal angle of the racket

Level 3: Preparation
To hit horizontal, focus on starting swing at height of incoming ball, instead of the usual low-to-high
Mental image: Racket brushes along a wall (shoulder height)