

Skill: Low volleys

Game phase: Neutralizing,
finishing



Intention

Practice picking up low volleys
at the net with lunge step
Avoid contact by only bending
down, or staying up straight

FH low volleys: left leg lunge,
right leg kneels. RACKET face
open, aim under the ball

BH low volleys: right leg
lunges, left leg kneels, aim
under the ball

Mental image: Apply more **feel**
as racket can't '**see**' the target

Drill

Level 1:

Balls land just
shortly behind the
net. Make sure of
contact point well in front.



Level 2:

Target area: down the line

Level 3:

add points for you when
target was hit, against you
when missed

ball machine

Ball machine set-up

You

Ball Speed: 4

Ball Feed: 3

Oscillator: Off