

Skill: Stop-and-Play volleys

Game phase: neutralizing, finishing



Intention

Develop a good feel at the net, internalise racket handling for better ball control

Take speed away from fast balls, play controlled volleys to a defined target

Aim: stop a ball before hitting over the net

Use hands to reduce speed/stop
Use body weight to add power to volley

Keep elbows always in front of body (FH and BH volleys)

Drill

Level 1: Stop volley (FH)

Stop the ball with racket, let it bounce into the air. Ball cannot touch the ground

Level 2: Stop-and-play volley

Stop the ball, let bounce in the air and finish volley

Level 3: Variations

Change to BH volley
Stop with BH, play FH volley /
stop with FH, play BH volley
Increase ball speed

ball machine

Ball machine set-up

Ball Speed: 4/5

Ball Feed: 4

Oscillator: Off

You

