

Skill: Volley targeting

Game phase: Neutralizing,
finishing



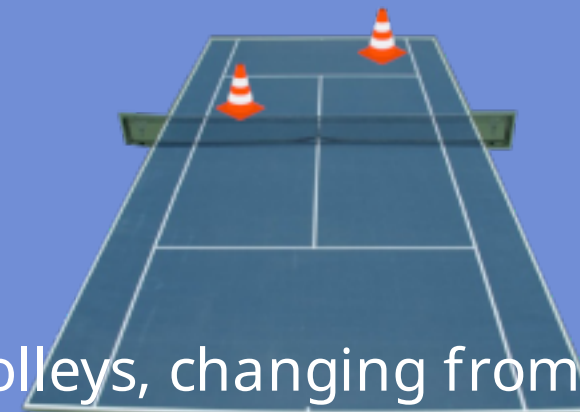
Intention

Two targets: practice volley technique aiming at a short and a deeper target

Avoid the trap of punching the ball, instead apply feel and control.

Drive balls to the deep target with the same feel - and the same technique as for the short target: same swing, same follow-through

Drill



Level 1:
Return volleys, changing from short to deep target

Level 2: 12 point out of 15/20
Use 15 (20) balls and count successful short for you, misses against you.

Level 3:
Apply FH and BH volleys
Use oscillator

ball machine

Ball machine set-up

You

Ball Speed: 4

Ball Feed: 5

Oscillator: off/on