

## Skill: Deep backhand plus volley

Difficulty: advanced



## Intention

Combine a crosscourt backhand approach shot with a volley winner.

Set it up with deep shot to opponent's backhand to  
(1) make them return a shorter ball  
(2) forcing them out of court

Follow up with volley from your offense area to the open side of the court.

## Drills

### Level 1: Backhand

Practice a clean, strong, deep backhand crosscourt. Start from middle position, add topspin.

### Level 2: Volley

Practice volleys to the open side of the court. Start from middle position at baseline, and return there after volley.

### Level 3: Combine both

From the baseline, hit the backhand first, follow-up with volley. When missing a backhand hit until it's in.

ball machine

Ball machine set-up

You

Ball Speed: 4

Ball Feed: 5

Oscillator: Off

You

