

Skill: Dropshots

Difficulty: medium



Intention

Modify the **slice technique** to play dropshots: while slice aims deep, a dropshot aims just behind the net

Racket head: at 45 degrees with frim straight wrist, more tilted than slice, to go more under the ball
Movement: no body turn, only body weight moves forward, into the ball. Adjust speed with wrist only. Short backwing and short follow-through

It requires **the right ball:** play dropshot only when you can move forward, not when a fast ball pushes you back

Drill

Level 1: Basic dropshots
Play dropshots into service box, move into ball from own service line

Level 2: Deep shot+dropshot
Play first ball deep crosscourt, or down-the-line. Play the next ball as dropshot, moving into the ball from service line.

Level 3: Alternate forehand/backhand
Play dropshots with both forehand/backhand

ball machine

Ball machine set-up

Ball Speed: 4

Ball Feed: 4

Oscillator: Off

You