

Skill: Defending against dropshots

Difficulty: medium



ball machine

Ball machine set-up

Ball Speed: 4
Ball Feed: 4
Oscillator: Off

You

Intention

Options to return a dropshot:

- play **deep down the line**, and cover the net
- get **under the ball** and lift short over net, away from opponent
- **counter dropshot** if in comfortable position
- **quick passing shot** deep to the open side of court

Drill

Ball machine balls land just behind the net.

Level 1: Counter dropshot

Return dropshot by getting under ball + lift it short over net, or Return with another dropshot

Level 2: Down-the-line+net cover

Combi of two shots: Move to ball to:
(1) play first ball deep down the line
(2) return next ball as crosscourt volley

Level 3: Passing shot

Return dropshot with deep passing shot crosscourt