

## Skill: Mid-court winners

Difficulty: medium-advanced



ball machine

Ball machine set-up

You

Ball Speed: 4

Ball Feed: 4-5

Oscillator: Off

## Intention

Practice the right shot from the right court area. This is an **offensive shot** from the **offense area** of the court, around the service line.

Two options to return winners:  
a) flat swing, contact on the rise: no spin but power and depth  
b) curved swing, contact after rise: power and spin for safety

Set up this shot by a **deep approach shot**, follow it up half-court where you expect the returned ball to land.

## Drill

**Level 1: Precise but weaker winners**

Start with precise deep winners with less force - 1 on a scale from 1-10. Increase to 50% of your strength (5), and go higher step by step. When you miss: step down one level.

**Level 2: Running forehand**

With ball feed set to 4 you wait at the baseline, move into each shot and return afterwards.

**Level 3: Forehand/backhand**

Play winners alternating with backhand.