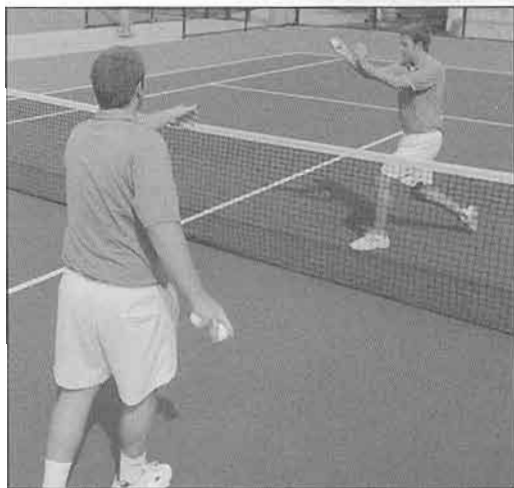


PLAY CATCH

This is a partner drill. Players stand about 10 feet from the net on opposite sides of the court, facing each other (figure 5.7). No rackets are needed for this drill, just balls. One player is the feeder, the other is the catcher. The feeder uses an underhand toss to throw a ball to the catcher's forehand side. The catcher executes a split step on the feeder's release, steps across with the nondominant foot (for a right-hander, the left foot), and catches the ball with the dominant



5.7 Play catch drill.

hand in front of the body and the back of the hand toward the back fence. The catcher's arm should be straight. Repeat 10 times and switch roles.

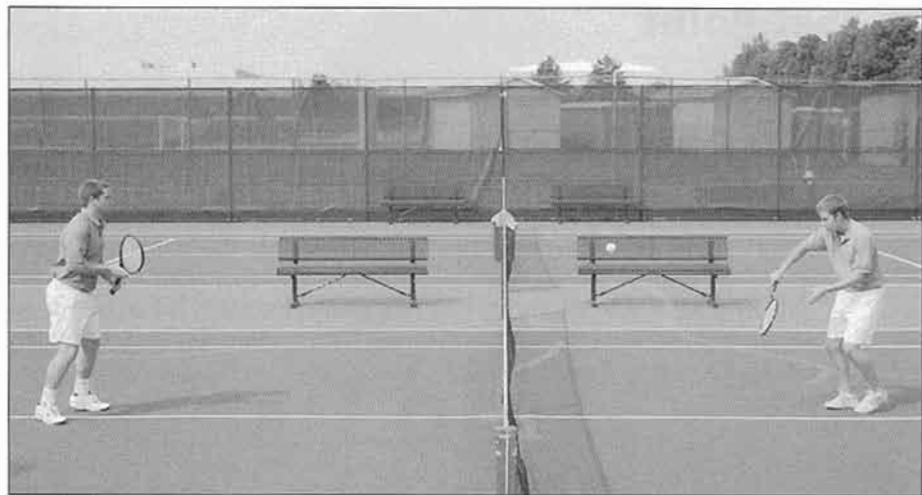
This drill can be done for the backhand as well. The feeder uses an underhand toss to throw a ball to the catcher's backhand side. The catcher executes a split step on the feeder's release, steps across with the dominant foot (for a right-hander, the right foot), and blocks the ball with the backside of the dominant hand in front of the body. Repeat 10 times and switch roles.

VOLLEY IN FRONT

This is a partner drill. Follow the same procedures as the catch drill, but the catcher should use a racket instead of the hand.

VOLLEY-VOLLEY

This is a partner drill. Players stand just inside the service line on opposite sides of the court (figure 5.8). The goal is to hit as many consecutive volleys to each other as possible. The split step is very important in this drill! Try not to let the ball bounce. You can start by just bumping the ball back and forth to each other. As you get better at it, move back a couple of feet from the service line and flatten out your volleys. Try to get to 20 consecutive hits without letting the ball touch the ground.



5.8 **Volley-volley drill.**

BRUTAL VOLLEY

This is a more difficult version of the volley-volley drill. In this drill, half volleys, regular volleys, putaway volleys, and reaction volleys are used. Players stand on opposite sides of the court at about midcourt. Use only half the court. Start with a ball out of the hand. Both players try to move in toward the net with each shot. After a rally is done, go back to midcourt and start again.

VOLLEY-GROUND STROKES

This is a partner drill. In this drill, one player should start at the net and the other at the baseline on opposite sides of the court. The net player hits volleys and the baseline player hits ground strokes. When you get to 20 consecutive hits, switch roles.

PASSING SHOT GAME

This is a partner game. In this game, one player starts at the net and the other at the baseline. Either player can start the point with a ball out of the hand. Three friendly shots must be hit before the point is played out. Play to seven points (must win by two points), then switch roles.