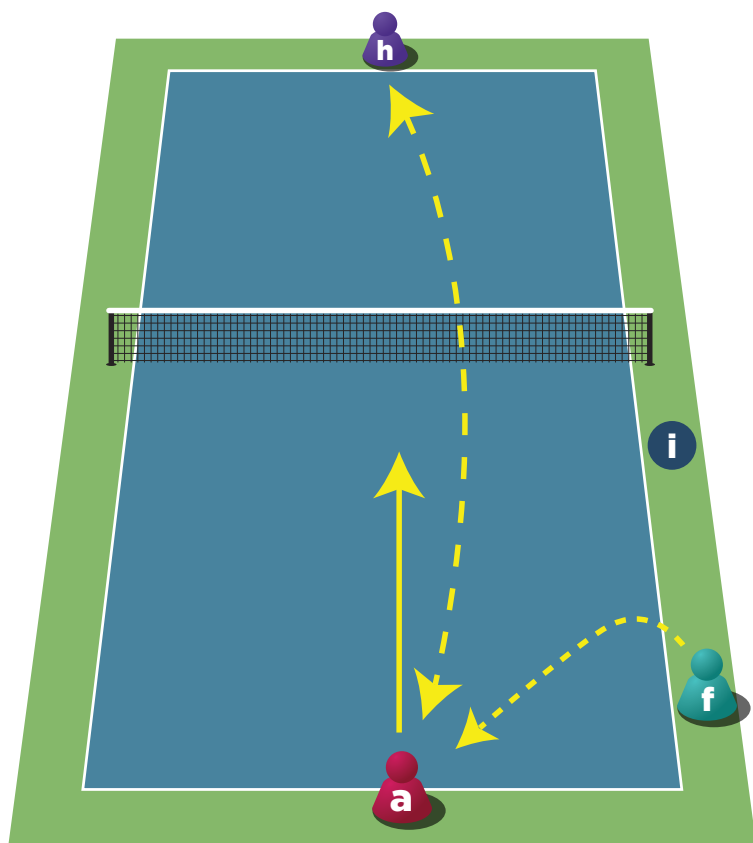


Approach shot & Volley



TACTIC:

Taking time away from the opponent by hitting an approach shot and coming to the net.

ACTIVITY:

Players are in teams. Each team gets one court and has players in the following positions:

- **Feeder:** Positioned at the side of the court between the baseline and the net. Feeder starts play by tossing a light ball underhand that lands in the middle of the court.
- **Approacher:** Positioned at the baseline ready to move up and hit the tossed ball as an approach shot from the forehand side. This player then moves to the net and attempts a volley to groundstroke exchange.
- **Baseliner:** Positioned at the baseline of the other end and tries to maintain a forehand groundstroke to forehand volley rally of 2 shots.

The team gets one point if they complete the approach / groundstroke / volley sequence (3 shots).

The game finishes by one team scoring a designated number of points. Ensure all players get a chance at every position by rotating after each game.

Fundamental Teaching Points:

1. Ensure players **walk through** their approach shot and must **split step** after their approach shot.
2. Ensure players have the **proper grip** and **impact point** with racquet facing the target.
3. Ensure players at the net have a **catching action**.

LESS CHALLENGING:

1. Allow approaching players to start closer to the tossed ball.
2. Allow baseliners to self rally before sending the ball.
3. Allow players to stand closer to the net.

MORE CHALLENGING:

1. Allow players to use BH approach only.
2. Allow players at the net to hit the ball to a certain direction (cross court, down the line, deeper).
3. Allow baseliners to hit cross court or down the line only.