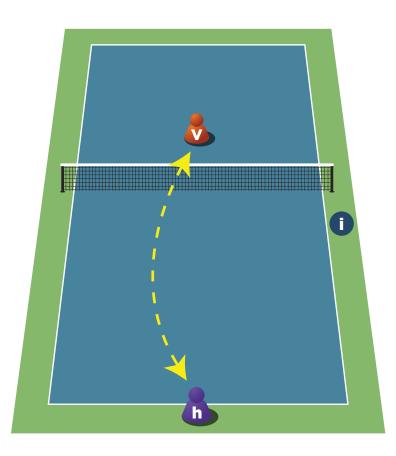


Groundstroke to Volley



TACTIC:

Volleying with consistency.

ACTIVITY:

Players in pairs. One player is the feeder and cooperatively sends forehand groundstrokes to a partner at the net position hitting forehand volleys. The team with the most rallies in one minute wins.

After each game players rotate one position to their left to make new pairings. Keep playing until everyone has had a chance to be at the baseline and at the net at least one time.

Fundamental Teaching Points:

- **1.** Players need to **set up sideways** before sending the ball to their partner.
- **2.** Ensure players have proper **impact point** with **strings facing target**.
- **3.** Ensure player at the net have a **catching action**.
- **4.** Ensure players have proper **grip** and **recover** to home base after each shot.

LESS CHALLENGING:

- **1.** Allow feeder to self rally before striking the ball.
- 2. Allow feeder to stand closer to the net.

MORE CHALLENGING:

- **1.** Allow player at the net to use backhand only.
- 2. Allow players to alternate forehand and backhand.

KEY:





Player **p** Feeder **f**





Hitter **h**







Returner









