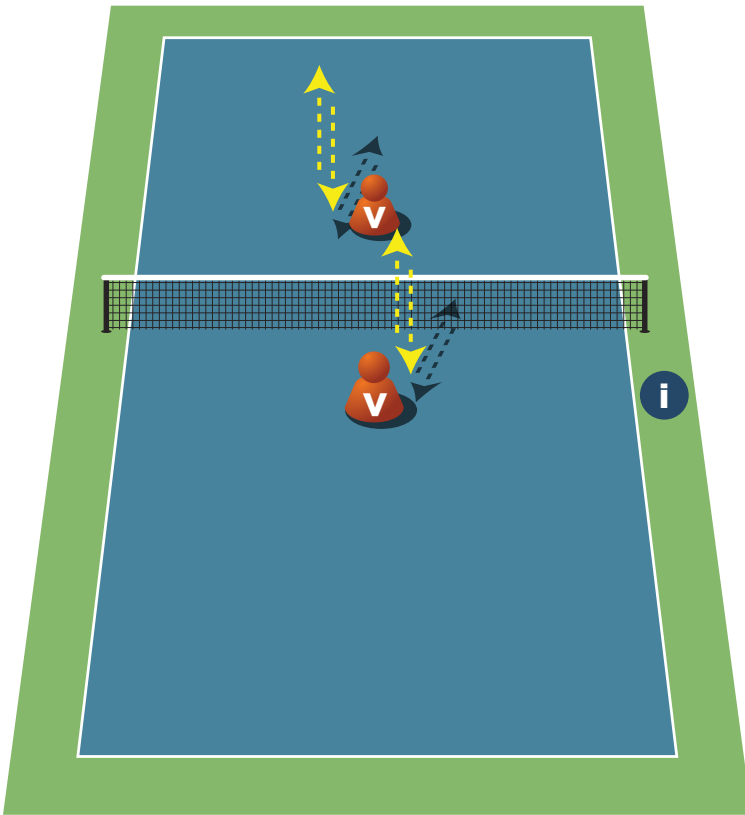


Self Volley Keep Ups



TACTIC:

Improving net skills to be able to finish points at the net.

ACTIVITY:

Players start from a position as if they are playing a volley. Players score points individually by **impacting the ball continuously on the racquet without allowing the ball to bounce on the floor**. Players should perform this activity from the forehand side.

After every set of hits (5,10, ect. depending on the level of players) players move to the next position:

- Down on one knee.
- Down on two knees.
- Sitting cross legged.

First player to finish all 4 positions wins the game.

Fundamental Teaching Points:

Ensure players:

1. Use the continental **grip**.
2. **Set up sideways** when receiving and projecting the ball.
3. **Impact the ball** at waist to shoulder level, out in front at comfortable distance from the body.

LESS CHALLENGING:

1. Allow players to stop after finishing each position.
2. Decrease the number of volleys needed to move to next position.

MORE CHALLENGING:

1. Allow players to alternate one forehand and one backhand.
2. Allow players to use backhand only.
3. Increase the number of volleys needed to move to next position.