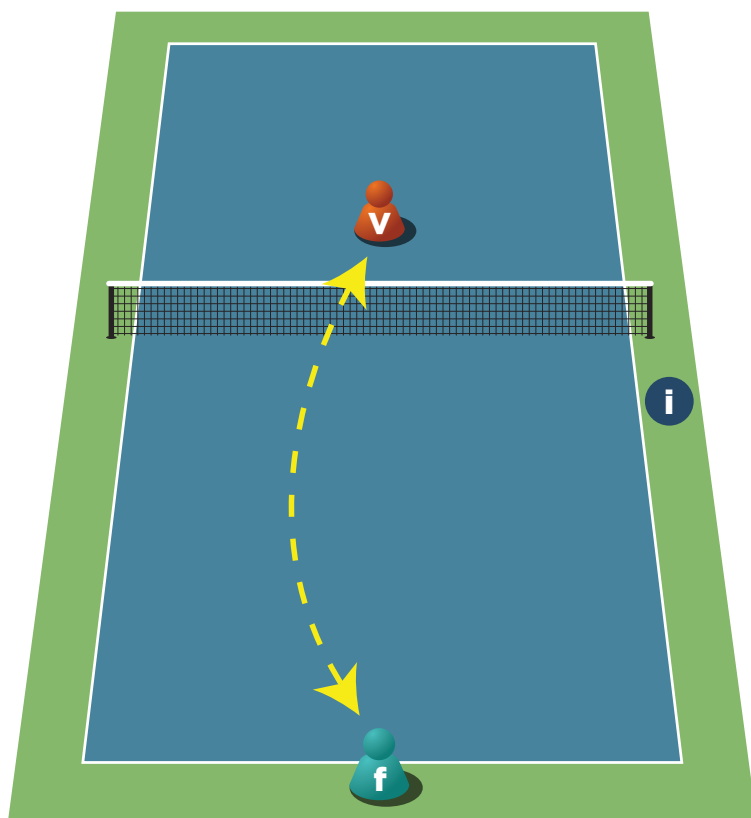


Throw to Volley



TACTIC:

Volleying with consistency.

ACTIVITY:

Players in pairs. One player is the feeder and cooperatively **throws underhand** to a partner at the net position **hitting forehand volleys** back to feeder. Every time the feeder catches the ball on one bounce the team wins one point. Players switch roles after a certain number of points.

Fundamental Teaching Points:

1. Players at the net must receive and send the ball in a **sideways position** using continental grip.
2. Ensure players at the net **impact the ball** in front of body at waist to shoulder level.
3. Ensure players at the net have a catching action with **strings facing target**.
4. Players must **recover** to home base after every shot.

LESS CHALLENGING:

1. Allow feeder to stand closer to the net.
2. Allow feeder to use two hands for catching the ball.

MORE CHALLENGING:

1. Allow hitter to use backhand only.
2. Allow hitter to alternate FH and BH side.
3. Allow feeder to randomly send the ball.