

DRILL

Approach volley

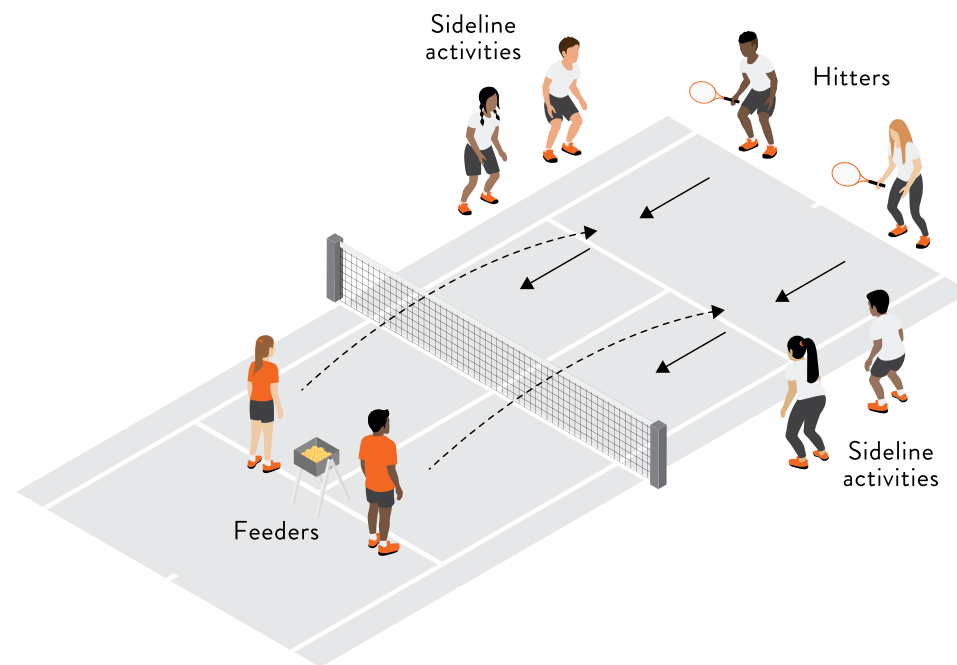
How to Play:

- 2 students start as hitters on the baseline, 1 on the right side and 1 on the left.
- Feeders hand feed an approach shot to the hitter, followed by a challenging volley.
- Hitters sprint around the net and become feeders.
- Feeders move to the sideline activities. Students at the end of the sideline activities crossover to the baseline on the other half of the court and become the hitters.

Equipment:

 Low compression tennis balls

 Tennis rackets



TEACHING POINTS:

Feeders:

- Throw to the outside shot i.e. forehand on right hand side of court, backhand on left hand side of court for right handers.
- Throw the ball high to give hitters enough time to move to the ball.