

Drill of the Week - Groundstroke, Approach, Net play Drill

Aim – to get players to progress through the court zones to finish points at the net

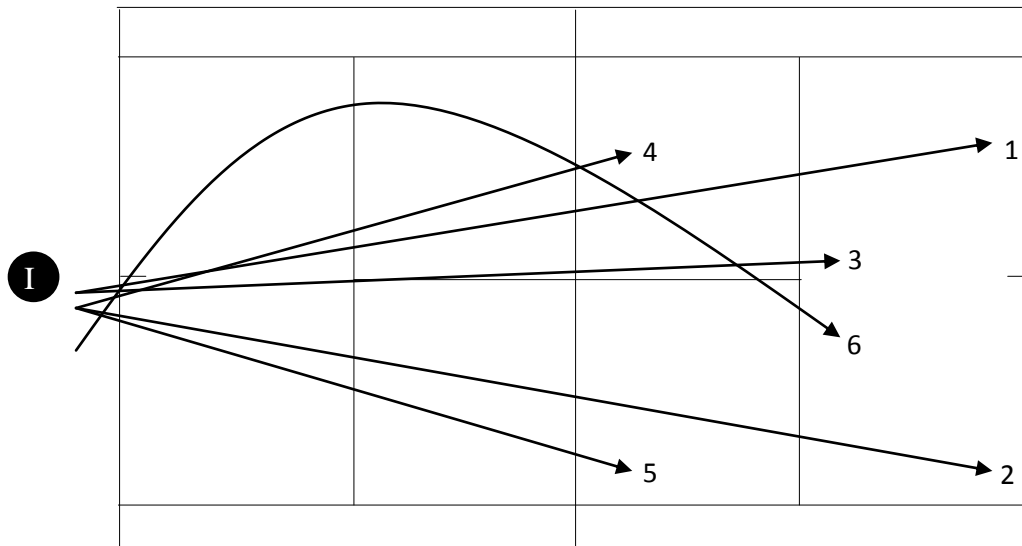
Dead Ball

Coach feeds a succession of shots in the following order

Forehand – Backhand – Mid Court Ball – Forehand Volley – Backhand Volley – Smash

Dead Ball - Live Ball – Dead Ball

Continue the above sequence but coach calls live on any one of the 6 feeds whereby the point is played out. On errors the coach continues the feeding sequence



Example...

Coach feeds forehand, backhand, calls live on midcourt ball and student plays out point with fellow student, at end of point the coach continues to feed Forehand volley – Backhand volley – Smash.