

DRILLS FOR 2 TO 8 PEOPLE

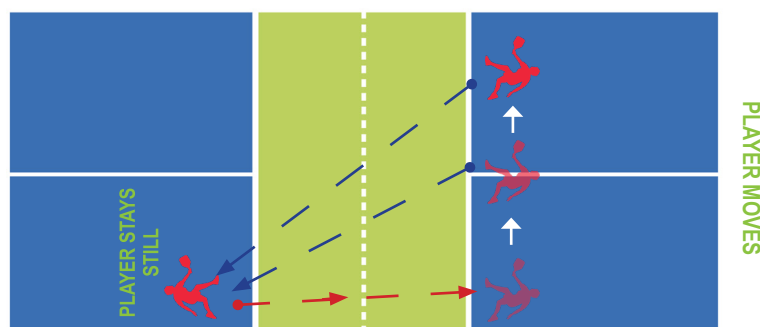
It's advisable to bring a basket of balls and lots of markers to your lessons. Throughout all of these drills, demonstrations are good wherever you see fit.

DRILL SEVENTEEN

Volley Control

Exercise 1: Volley and move.

Both players start opposite each other at the sideline just behind the non-volley zone. Player 'A' will start the volley rally and stay in their position. Player 'B' must hit volleys whilst moving to the other sideline and back again. Switch roles.



Technical teaching points:

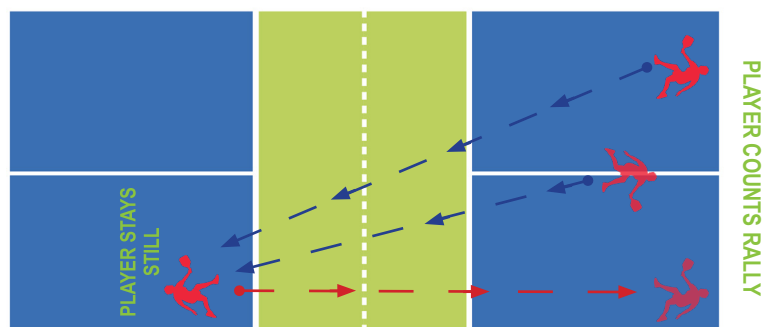
- Players should use the continental grip for a slightly open paddle face.
- They should be in an open stance with the paddle up in a good ready position and knees bent.
- The moving player should side step across the kitchen line.

Tactical teaching points:

- Players will learn all aspects of the volley here ie, touch, control, length and depth of volley.
- Volleying on the move is great practice for a players balance and co-ordination.

Game: 'Count in pairs':

Now players must count the number of volleys they make between them before a mistake is made. After a missed volley the rally starts again from zero. Swap roles every 2 minutes.



Note: This is not an easy drill so depending on skill levels, during the game, let the players 'continue the count' after missing. This will help keep players active.