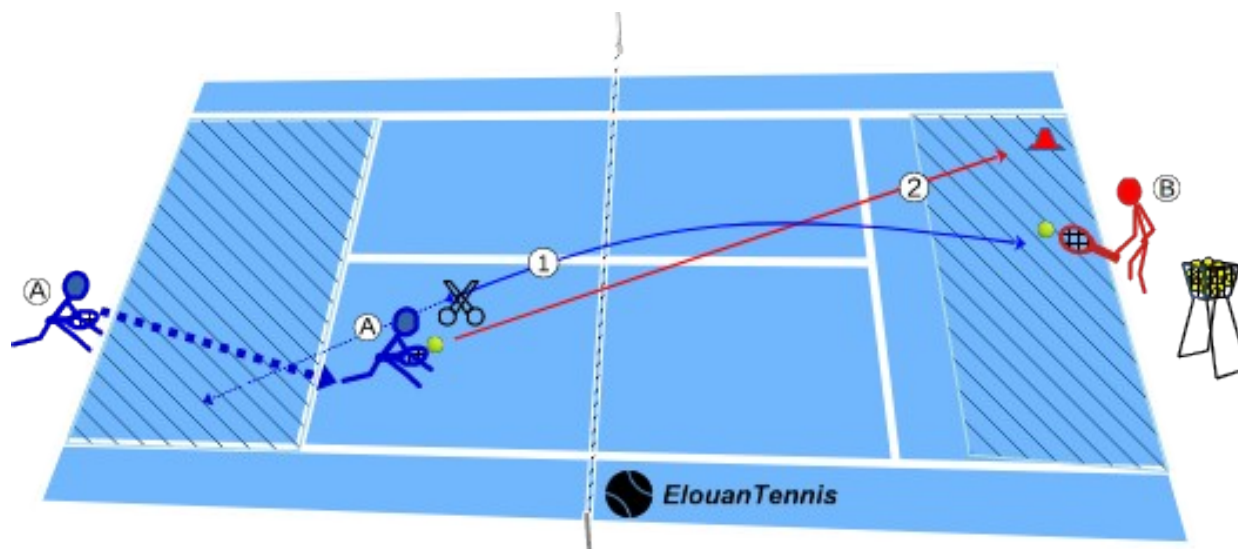


Approach volley training

Category(s):	attack, Précision, touch of the ball
Level:	Yellow ball - Intermediate
Duration :	10 min
Materials:	Plots, basket of balls



Hi friends

The approach volley is a super interesting shot that I personally place between attack and defense. It is an intermediate shot, a volley which is played approximately at the height of the service square lines.

Very useful in an attack phase before going up on the fly

Very useful in a defense phase where the opponent is trying to pass us...

Here is a simple exercise to practice the approach volley on the forehand, with an attack and aggressive play perspective:

- 1) The coach sends a deep ball, he target the baseline on the forehand.
- 2) Player A enters the course to intercept the ball on its trajectory and performs an approach volley targeting the red one.



Elouan Tennis Drill Maker (ETDM)
Software for creating & editing tennis exercises



<https://elouan-tennis.com>