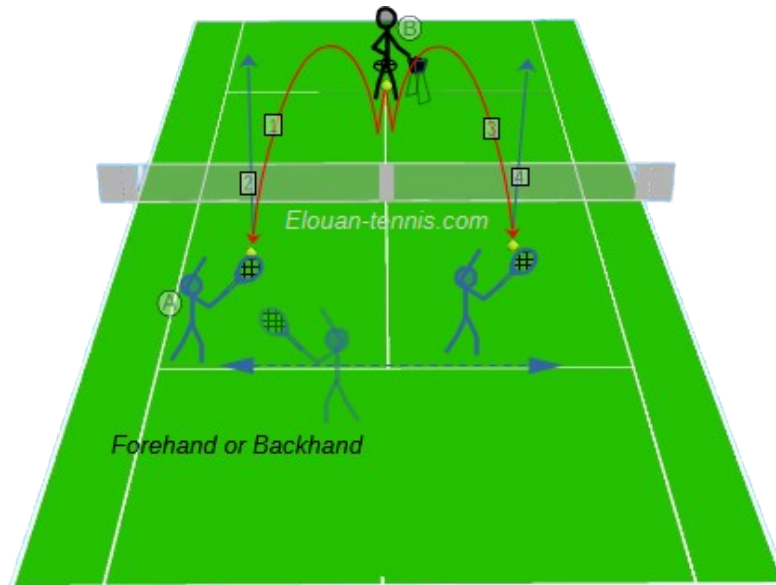


## Returning a high ball into a volley

Category(s):	Agility
Level:	Yellow ball – Intermediate
Duration :	1 min
Materials:	basket of balls



Hi friends

Often we find ourselves on the fly and we have to negotiate a ball that comes over our shoulder, sometimes like a bell, the ball falls and we have to negotiate it. It looks easy like that but in reality we often put this ball out or we put it back into the net...

So here is an exercise to practice on this type of ball.

The coach is located approximately in the service square with the basket, we prepare for the volley. The coach bounces the ball in his court so that it comes to us high and falls on the volley.

It's up to us to negotiate the strike that follows.

- Forehand volley
- Reverse volley
- Approach volley
- Lifted shutter volley
- Cushioned volley

You can practice repeating one type of strike... or another...

Overall there is not necessarily one strike to favor over another...

I personally think that it is good to practice doing everything, then in a real situation we have to make a choice (while avoiding thinking too much lol)

... Let's play ...



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



<https://elouan-tennis.com>