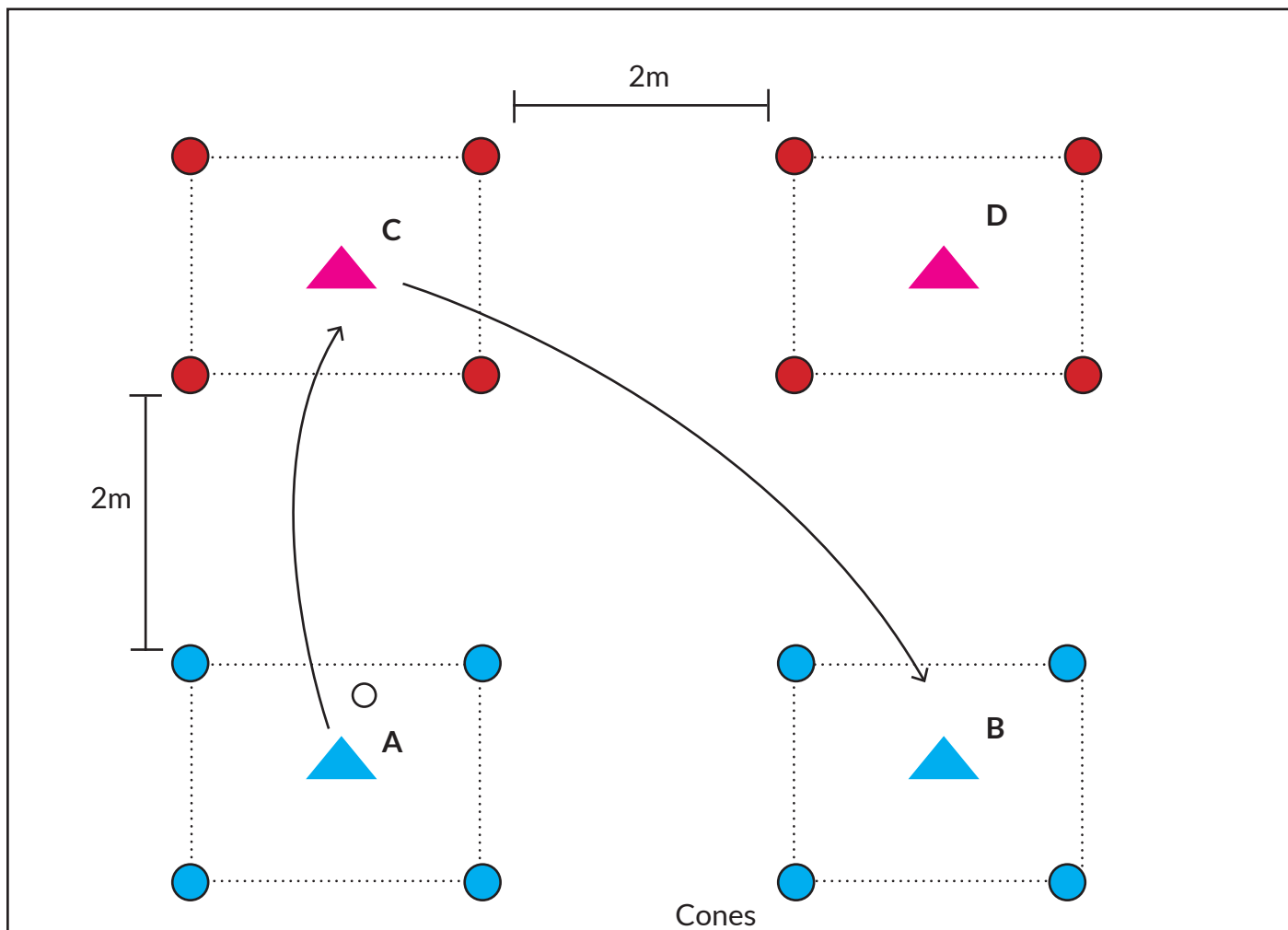


Volley Tennis



Drill

- + The server, without using his hands, juggles the ball and volleys it to either opponent
- + The ball has to be landing within the opponents square, without touching the ground
- + The receiver can then juggle and volley back or volley to his team mate
- + If both players in a team touch it, then the winning point will be doubled
- + If the ball goes "out" the receiving team gets a point
- + If the ball is miscontrolled and touches the ground, the volleying team get the point/s

Coaching Points

- + Balance and adjust your feet to receive
- + Lots of small steps, clean strike on volley