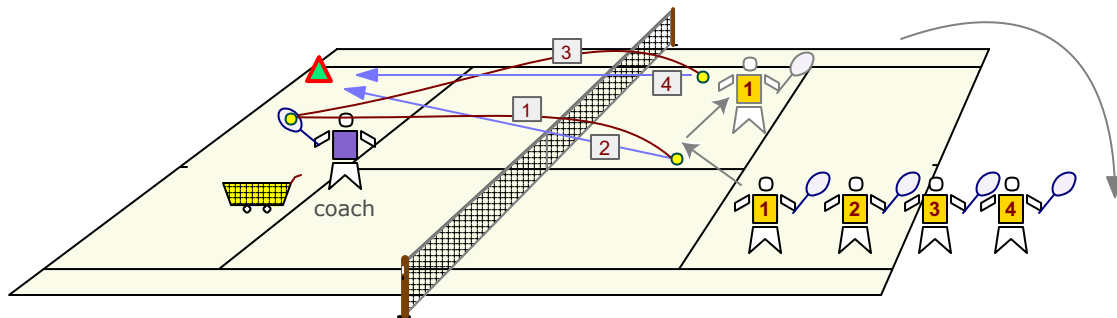


# Wide Reaching Volleys

## Drill Details

<b>Type:</b>	Doubles, Singles	<b>Category:</b>	Volley
<b>Suggested Time:</b>	15 minutes	<b>Level:</b>	Advanced, Competitive
<b>Prepared by:</b>	InterTennis Coach	<b>Tennis Organization:</b>	InterTennis.com



## Drill Description & Goals

The goal of this drill is to practice the following:

1. Closing in to the net from the service line
2. Control and placement of wide volleys

## Drill Organization

Players line up behind the service line along the ad court sideline. Coach feeds first ball up the middle to player's forehand [1]. Player 1 moves to the right and hits a forehand volley near the service line, aiming for target [2], then closes in to the net. Coach feeds him or her a second ball wide to the forehand side [3]. Player 1 reacts to the direction of the ball and hits forehand volley down the line aiming for the target [4]. Player 1 rotates to the end of the line and the next player steps in...

## Drill Key Points

1. Start in ready position
2. Focus on proper footwork
3. Keep the racquet out in front
4. Concentrate and focus on controlling volleys