

DRILL

Approach volley smash

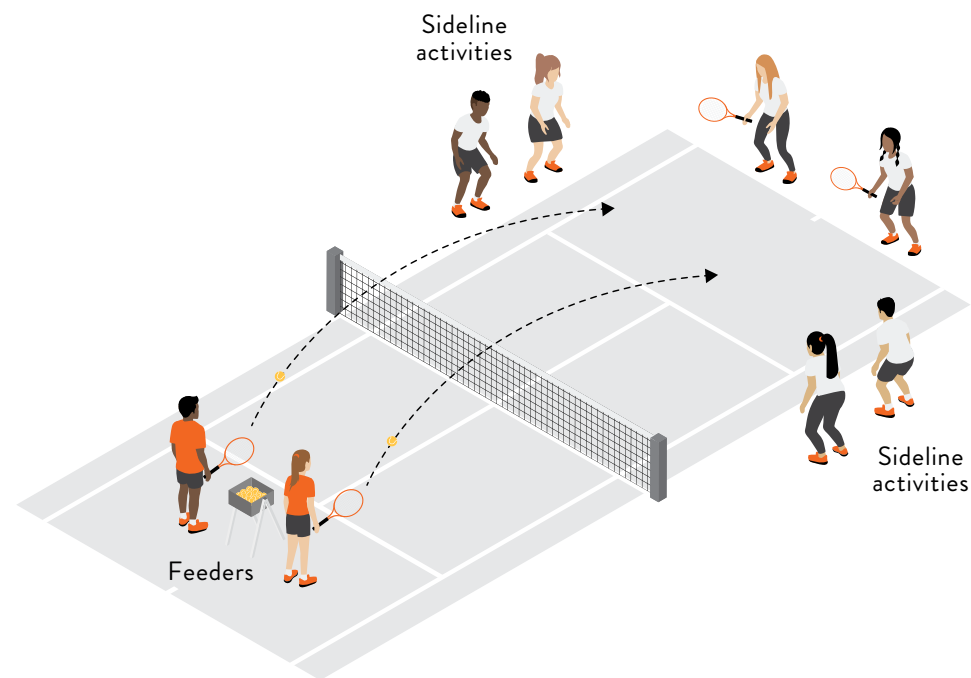
How to Play:

- 2 students start as hitters on the baseline, 1 on the right and 1 on the left.
- 2 students start as feeders on the other side of the net, 1 on the right and 1 on the left.
- Feeders feed 3 balls to the hitter directly opposite them: approach shot, volley and a smash.
- The hitter then sprints around the net to become the feeder.
- The feeders move to the sideline activities. The students at the end of the sideline activities move onto the court into the hitting position.

Equipment:

 Low compression tennis balls

 Tennis rackets



TEACHING POINTS:

Hitters:

- Turn side on and sidestep back into position (don't run backwards).
- Move quickly into the next position for the next ball.

Feeders:

- Give the hitters time to move into position before feeding.
- For the smash, feed the ball high to allow hitters to contact above the head.