

3rd Shot Drop

The infamous 3rd shot drop as many would call it in the strategy books seems to have gone bye bye and replaced by the 3rd shot drive. Ok, well sort of. As more and more tennis players enter the sport, the more we are seeing the 3rd shot drive over the 3rd shot drop. But that doesn't mean we shouldn't be experts at dropping the ball from anywhere on the court.. The key is to know when to drop the ball versus driving the ball.

What is a drop shot? The drop shot is simply a ball that you hit which lands in or near the kitchen line preventing your opponents from hitting a volley. Not to be confused with dinking. Dinking is done at the kitchen line. A drop shot can be executed from the transition zone or from the baseline. It can be used to buy you time to get to the kitchen. The shot sequence is 1st being the serve, second is the return of service and 3rd???? hmmm. The deeper the return the harder it is to drop into the kitchen. Which is why many chose to 3rd shot drive. Often a returned drive ball will land in the transition zone making it is easier for you to drop a ball from there. Making it the 5th shot drop.

Body Position: Move to a place 2-3 feet behind where the ball will land.
Your feet should be shoulder width apart.
Your paddle should be tip down.
Bend your knee's to stay low
Wrist should be forward

Movement: Start low and use your legs to come up.
Elephant arm and body come up in one motion.
Use top spin by flipping wrist up at end of stroke. Low to high.

Hitting the ball: Watch ball to paddle
Get under the ball with paddle to lift the ball.
Come up in one motion.
Lower the arc of the ball when hitting from baseline
Raise the arc of the ball as you move towards the net.

Where to hit: Keep ball in the middle to create confusion.
Opponents backhand corner.
Opponents forehand corner.

Drill: One player at the net feeds balls to a mid court opponent to practice dropping the ball into the kitchen. After several shots move from mid court back a few more steps and try from there. Keep practicing until you get to baseline. Rotate. Fun Drill??? 1 minute drill.. count drops.

