

# Stay Alive Volleys

Are you losing at the kitchen line? Does your opponent try to tag you when a ball is left high? Here is a drill that should help you defend yourself and keep the point alive.

## Volley's from the Kitchen

Body position: Feet should be shoulder width apart.  
Paddle should be out-front with  $\frac{3}{4}$  backhand  
Knees slightly bend,  
Weight forward on balls of feet. Happy feet.  
Body canters towards the ball.

Movement: Body moves towards the ball.  
Move torso out of the way.  
Very little arm swing with fast exchange  
Ok to step back 1 step to give room.  
Split step if you move.  
Reset your paddle quickly.

Hitting the ball: Keep your paddle parallel to the net  
Block low balls by not swinging  
Use less spin. Punch forward  
Aim at the hitting arm of your opponent  
Don't change directions (unless really good)  
Soften return to create a set up shot  
Keep it over the net!

Where to hit it: Down the middle is great  
At the opponents body favoring their paddle hand  
Down at their feet  
no higher than 3-4 feet above the net.

Practice: 4 players at the net. Volley 1 ball between four players. Try to keep it alive at first then as you get better pick up the pace of the ball.  
Start with 4 players on 1 court...player making the error moves off to court 2. New player moves onto court 1.

This is not a drill to practice resets. But to develop hand eye coordination.