



## Forehand and Backhand Volley

### The Volley

The volley is played before the ball bounces and is hit to good length and tight to the sidewall. The volley is used to rally with the opponent, to cut off balls that are played to good length but not width, and to move the opponent to the back of the court and into a defensive position. Volleying gives the opponent less time to recover to the “T”. It can also be used as a defending shot to gain control of the “T” when returning a good serve. A straight volley is usually more effective after receiving a crosscourt shot.

There are times in rallies – for instance when the opponent is out of position on one side of the court – when it is better to play a crosscourt volley than a straight volley. The crosscourt volley is used to hit the ball to good length and width so that it hits the sidewall behind the service box and lands near the back wall on its second bounce. The crosscourt volley is used to rally with the opponent, to cut off balls that are played to good length but not width, and move the opponent to the back of the court and into a defensive position. A good crosscourt volley often forces a weak return.

### Preparation

Forehand and Backhand Volley:

- Preparation for the volley is earlier and shorter than for the drive.
- The elbow is bent and the wrist cocked.
- The hand starts above and slightly behind the back shoulder.
- The hips and shoulders face sideways to the oncoming ball.

### Action to Contact

Forehand and Backhand Volley:

- Action to contact is initiated by transferring the body’s weight onto the lead foot. Stride length is comfortable and balanced.
- The shoulder and arm (bent) move the racquet at shoulder height towards the oncoming ball.
- The wrist stays cocked as the arm extends toward the ball.
- The path of the racquet is low to high in the contact zone.

### Contact Point

Forehand and Backhand Volley:

- Contact occurs at shoulder height and slightly ahead of the hitting shoulder.

### Follow Through

Forehand and Backhand Volley:

- The follow-through is short and towards the target on the front wall

### Diagram – Forehand Volley

A)



B)



C)



D)



The proper form for the forehand volley as depicted during the four stages of the stroke: A) Preparation, B) Action to Contact, C) the Contact Point, and D) the Follow Through.

### Diagram – Backhand Volley

A)



B)



C)



D)



The proper form for the backhand volley as depicted during the four stages of the stroke: A) Preparation, B) Action to Contact, C) the Contact Point, and D) the Follow Through.

### Hand Feeding

#### 1. Self Feeding

- Student stands 2 meters in front of the short line
- Instructor stands slightly behind students (to observe)
- Students self feed a volley by tossing the ball into the air and striking it straight onto the front wall.

#### 2. Coach Feeding, Straight Volley Returns

- Student stands 2 meters in front of the short line, facing the side wall, with their racquet prepared
- Instructor stands slightly behind students and facing the front wall
- Instructor hand feeds students by tossing the ball onto the front wall; students hit straight volley returns

#### 3. Coach Feeding, Straight Volley Returns

- Student stands 2 meters in front of the short line, in the ready position
- Instructor stands where the short line meets the service box
- Instructor hand-feed students by tossing the ball onto the front wall; students hit straight volley returns

### Racquet Feeding

#### 1. Single straight Racquet Feeding, Straight Volley Returns

- Students stand exactly as for hand feedings 2 and 3 above
- Instructor stands where the short line meets the service box
- Instructor provides single straight racquet feeds so that the students can hit straight volley returns

#### 2. Single Crosscourt Racquet Feeding, Straight Volley Returns

- Student stands at the "T", in the ready position
- Instructor stands near the service box area on the side of the court opposite the students
- Instructor feeds single crosscourt feeds that DON'T rebound off the side wall, and progresses to feed single crosscourts that DO rebound off the side wall
- Students hit straight volley returns

#### 3. Single Crosscourt Racquet Feeding, Crosscourt Volley Returns

- Student stands at the "T", in the ready position
- Instructor stands near the service box area on the side of the court opposite the students
- Instructor starts feeding single crosscourt feeds that DON'T rebound off the side-wall, and progresses to feeds that DO rebound off the side wall
- Students hit crosscourt volley returns

#### 4. Continuous Straight Racquet Feeding, Straight Volley Returns

- Student stands at the "T", in the ready position
- Instructor stands slightly behind the service box
- Hit continuous straight racquet feeds so that the students move to a variety of positions and hit straight volley returns from them

#### 5. Continuous Crosscourt Racquet Feeding, Crosscourt Volley Returns

- Student stands slightly behind the "T", in the ready position
- Instructor stands slightly behind the service box on the opposite side of the court

- Hit continuous crosscourt racquet feeds so that students move to a variety of positions and hit crosscourt volley returns from them

#### 6. Continuous Racquet Feeding, Crosscourt and Straight Volley Returns

- Student stands at the “T”, in the ready position
- Instructor moves from backhand to forehand side of the court slightly behind the service box
- Instructor plays combinations of crosscourt and straight feeds to students; students hit crosscourt or straight volley returns

### Rallying

#### 1. Rallying, Crosscourt and Straight Volley Returns

- Rally with your students, with everyone volleying straight and crosscourt to length as often as possible and changing places on the “T” whenever possible.

### Feedback Chart

Shot	Outcome	Ball Control	Fundamentals	Reinforcement Points & Tips
Straight Volley	Too short	Distance: <b>Height</b>	Racquet head control –vertical  Path of the swing	Check grip. Check that the racquet face is still open on contact. Check wrist flop on contact  Check the swing is low to high in contact zone.
	Too long	Distance: <b>Height</b>	Racquet head control –vertical  Racquet Path	Ball is played too late and the racquet face is too open.  Level off in the contact zone
Cross Volley	Hits side wall too early	Direction	Face of racquet on contact	Contact is too far ahead of the hitting shoulder  Hips and shoulders are too open.
	Ball is not hit wide enough	Direction	Face of racquet on contact	Contact is too far back.  The hips and shoulders are too closed.  Wrist may be laid back