KRTT II, Inc.
Swinging Volleys

Advanced strokes, 2010

Swinging Volley ("Drive Volley")
Hitting the volley out of the air using a groundstroke swing

Why Learn: Steals time and space from your opponent and quickens the pace of play

When to use: Hit when opponent hits a slow floating ball, opponent is on defense

How to hit:

- Hit ball at chest height with groundstroke grip (eastern, semi and full western)
- Backswing can be shorter
- Use outside foot to hit with left foot forward (right-handers) –"flow through the ball"

Reasons for open stance:

- You can let the ball go back a little farther in stance.
- Allows more rotation
- Enhances your ability to disguise your shot

Misc. idea: When ball is higher you have to wait and track the ball. You need to stay calm and under control.

Drills:
#1 – Pro gives a high feed in middle of court or half court (doubles)
#2 – Pro gives a higher slower feed
3 – Pro varies feeds with a low shot and a high shot (decision to volley versus swinging volley)
#4—Pro feeds an approach shot and a high shot

General notes: