

The Drop Shot

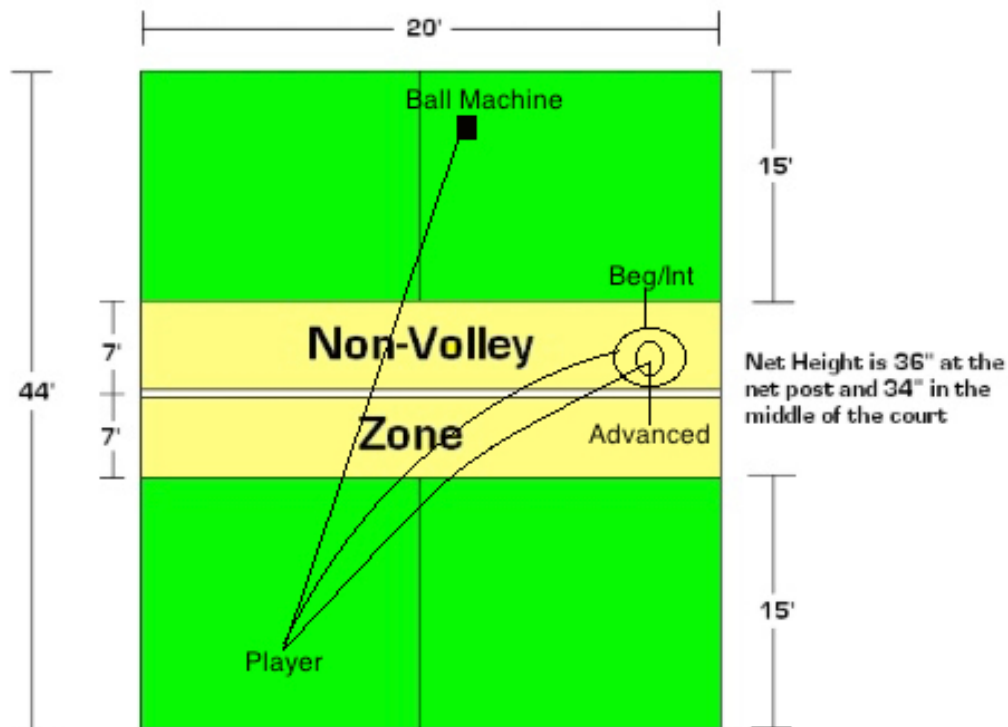
Our Motto: "The more you practice, the luckier you get"

Background on this drill: The drop shot is a soft shot from the baseline or mid-court area that is returned just far enough to clear the net but not far enough to give your opponent a chance at an offensive volley. The purpose of the drop shot is to give you and your partner a chance to move to the non-volley line. It should only be used when both of your opponents are already at the line.

The drop shot is one of the most difficult shots to master because the ball has to be hit with just the right amount of touch to travel the required distance. It is extremely important that you follow your shot to the non-volley line.

In this drill, there will be a target zone (hula hoop-different size based upon skill level) and you will be given one minute to hit as many balls into the designated area.

Don't give up. This is a difficult, but necessary shot if you want to play at the higher levels.



Remember; Practice, practice, practice. You will get luckier!!