**Tennis - The Volley**

### Ready Position
- Racket in front of body and central

### Approach
- Step towards ball with racket foot

### Contact
- In front of the body

### Finish
- Push ball across (no backswing)

**Why?**
To win rallies quickly

**When?**
When you are close to the net

**How?**
Ready Position → Approach → Contact → Finish

**Where do I play the volley from?**