Test Yourself!

HOW CAN I BE MORE CONSISTENT?

- Ensure racket is in front of your body so you can see the ball, your racket and your opponents court
- Lock the wrist
- Move elbow from bent to straight when hitting the ball
- Get closer to the net

HOW?

- Ready Position
- Approach
- Contact
- Finish

WHEN?

- Move in for the volley when you hit the ball deep
- Move in for the volley when your opponent plays the ball short
- Cut across the back of the ball from high to low to cause backspin - keeping the ball low into your opponents court

HOW CAN I PROGRESS?