

### NET PLAY MASTERCLASS

#### GOALS

1. We want you to become a better decision maker as a volleyer and make decisions on the balls you receive
2. Demonstrate a Go get it attitude
3. Develop an understanding of different feelings on the volley
4. Help you get lobbed less

#### SELL

Don't give clients any info. Show Very good demo with different types of strengths of groundstrokes being hit at the volleyer.

Swing and pressure drill – coach calls out how long his swing is on the volley, 1 being short 10 being long, this is dependant on the ball they are receiving and should add up to 10. ie receiving a 3 you play a 7, receiving a 5 you play a 5.

**Open up for discussion.** *When we are calling the number what are we referring to?* Client answer will be power. Actually talking about length of swing on coach X's volley.

**Dispel the swing myth** - we have always been told no swing on volley when in reality it depends on the incoming ball.

#### KEY TEACHING POINTS

1. The most important point we want to hammer home about improving your volley is to look for the ball and have a 'Go Get It' attitude. Talk about Jamie Murray's goal and focus when volleying is to get as close to the net as possible.

2. Second important point is to have different feelings on the volley. Discuss the different feelings on the volley, ask for their input:

- Push
- Jab
- Catch

Demonstrate (through using another coach) where is the speed for push and jab. Push is after impact, Jab is before impact. Link in to positioning of Attack and Defence.

Keep the energy in the handle of the racket (volley dependant) 'squeeze and freeze'.

Trigger finger

Grab a water bottle, don't let the water slush around when volleying

1. Swing and Pressure Gauge (Percentage volleys). If feeder gives a 7 pace, volleyer hits a 3

2. Make it more realistic, add another volleyer in and think about where to play volleys. Attack near and defend far

#### NUGGETS

1. Attack near, defend far
2. Off a fast ball hand as close to contact as possible

#### OVERHEAD

**Sell** - Address fear of getting hit and getting lobbed

Demo a lob and a 'YOURS' call.

Beat the ball to the service line.

Question - What are the indicators the ball will be lobbed? Answer - Face of the racket. Demo with a bad lob so that volleyer can move back quickly as its easier to then move forward.

Movement - Drop step then cross step. (Caveat of drop and shuffle, definitely not 'I surrender')

Drop step and show us your butt (cap)

#### NUGGETS

1. If you beat the ball back to the service line you cannot get lobbed.
2. Overhead not smash. Position is key.
3. 10 out of 10 position, 7 out of 10 speed. Not 2/10 position, 10/10 hit