

# Zig Zag Volleys



Players line up on both sides just behind the kitchen lines

Using one ball, hit back and forth over the net

No bounces allowed

Start gently to warm up

Focus on maintaining control and direction

Count out loud as you hit, going for the highest number of continuous volleys.

Start over at "1" if the ball bounces, is missed or hits the net.

Increase pace for last minute of the drill

## Coach:



Eagle eyes: Watch the ball as it hits your paddle face

Keep knees bent

Keep Paddle up and in front of your body

Make contact in front of your body

Don't Swing ... direct the ball instead

Keep a wide stance

If ball comes at your face keep the paddle up to deflect ball  
(and keep it in play).

No index finger on paddle... use a forehand or continental grip

Set up for Zig Zag Volley: Bring bucket of 8 balls to court.

Collect balls and return to scoring table area when done.