

# THE VOLLEY



With today's very aggressive style of play and all-court abilities of players, learning how to come forward and take the ball out of the air in order to take time away from one's opponent is imperative. The volley is not only a technical shot, but it is also a tactical shot used to end a point. This a shot that is executed with almost no backswing and very little follow through, it is designed to "redirect" the ball using the pace of the ball coming in from one's opponent to the desired target.

There are **five** steps that are covered on the volley.

1. **Grip** - The volley is hit with the **continental** grip. There is very little time to act when sitting up at the net, making a grip change extremely difficult. The continental grip allows the player to hit both backhand and forehand volleys without a grip change, saving much needed time.
2. **Compact swing** - The racquet head will only move approximately 18 to 24 inches, depending on the amount of time a player has to make a play. The racquet head should remain above the wrist in a firm position and in front of the player's torso throughout the swing. The player should never lose sight (using one's peripheral vision) of the racquet when volleying. The volley is hit with a slight high-to-low motion, creating a small amount of underspin. The strings should be pointed toward the target upon finishing the stroke.
3. **Non-dominant hand** - It is essential that the non-dominant hand remains on the push-rim/wheel at all times while at the net for balance and fast chair-positioning adjustments.
4. **Approach** - Momentum is essential to maximize reach and coverage at the net for the wheelchair tennis player who is attempting to volley. The forward motion of approaching the net should be utilized **once**. If the player does not win the point on that particular hit, he/she must attempt to recover back to the Hub behind the baseline or execute **circular mobility**.
5. **Circular Mobility** - When a player hits a volley and does not finish the point, he/she must re-create momentum in order to volley successfully. This is done by turning the chair so the player's back is facing his/her opponent, pushing back behind the service line (a new Hub location much further into the court) and then turning back into the court so, as the opponent strikes the ball, he/she has forward momentum. This can only be done when there is time and is most often executed in doubles.

