

THE HALF VOLLEY.

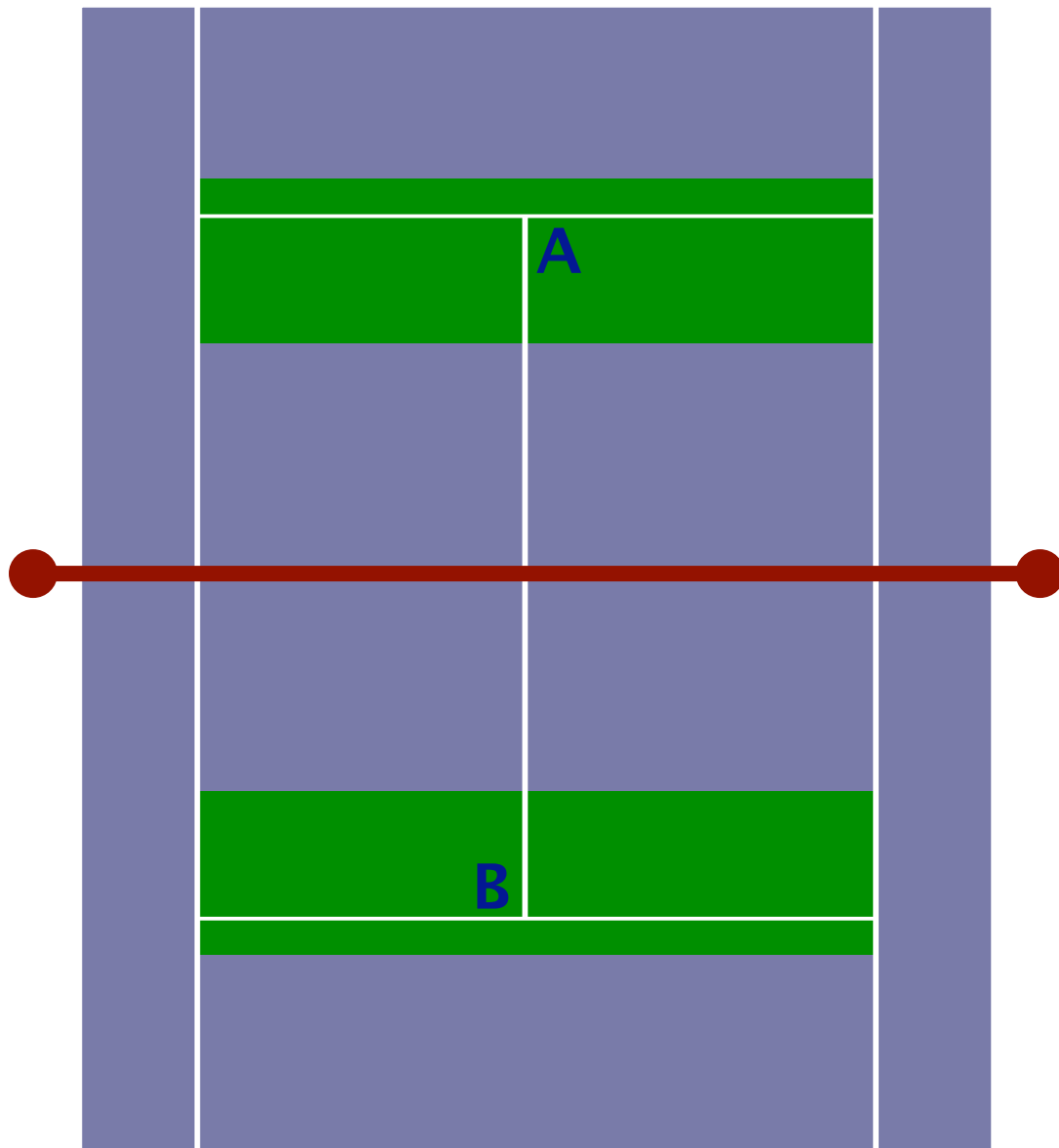
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Nobody ever practises the half volley! But if you want to be an effective net player, it is a shot you need to master.

A good opponents first thought when she sees you coming into the net is always going to be **“can I make my opponent hit a half volley?”** Smart players know that, if they hit a shot either with heavy topspin, or softly with slice, the ball will dip at the incoming volleyers feet, and make for a difficult shot which it is hard to attack from.

If you are keen on the **serve and volley tactic**, it is even more likely that, against a savvy opponent, you will end up playing lots of half volleys. Most serve volleyers only get in to around the service line after their serve, before it is time to split step as the receiver makes contact with her return. Being that far back from the net makes it relatively easy for the receiver to dip the return of serve at your feet.

There is no way around this – the only solution is to improve your half volley. Here is my favourite exercise for two players to hit lots of half volleys in a short period of time – *something that does not happen in practice normally....*



- ❖ Using throw down lines or rope, mark out the two green areas as shown in the diagram above.
- ❖ Players A and B rally and play points using only the green areas as the court.
- ❖ Players are not allowed to step outside `the court` (green area).
- ❖ **RESULT:** lots of half volleys are hit!