

Tennis Acrostic for Volley

Brought to you by Coach Katherine from the Babette Horenstein Tennis Center

Volley with your arm and your racket making the letter "V".

Open faced racket is ideal for making deep volleys using #2 bevel grip
(otherwise known as continental or hammer grip).

Left foot steps forward when racket is out to the right for a volley and
right foot steps forward when racket is out to the left for a volley.

Lower volleys need knee bend and not back bend to contact the ball out in
front.

Eyes should focus on the ball coming to the racquet strings as opposed to
focusing on where the ball is going to go.

You will win more points at the net with a volley in doubles than
from the baseline as your volley skills develop.

