

ALL BY MYSELF - DROP SHOT PRACTICE

No one to play with this cold and dreary month? Well, pack a bag of balls and head to the nearest court or gym space.

Standing in the backcourt Zones A and or B, with a paddle in hand and a ball in the other - DROP the ball in front of you and DROP shot over the net. Be sure to stay low, use your legs, squeeze the grip stroke.

Tips to concentrate on:

Hitting below the equator of the ball or at the 4-5 o'clock position on the ball.

Open your stance to the ball and/or target.

Be sure you can see or have options to hit across all portions of the net in Zones 1- 3 of the PB9-GRID. Or modify for the Advanced PB13-GRID

Using a firm push/lift while leading with the heel of your hand and minimal 'flick' or follow through to loft the ball over the net softly.

IF you are looking to be more offensive -- Push the ball and follow through with your paddle face ending in a more closed position after the push/lift contact. Thus causing the ball to descend more quickly rather than a soft loft.

Continue this drill from all Zones 4-9 in the PB9-GRID in the backcourt.

Stay low, keep the ball in front of you, drop the paddle down for the DROP shot over the net.

Happy DROPS to you!

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