

Criss Cross Sliders

A two person drill at the NVZ line. Partners/opponents are at opposite sideline drilling with a cross court dink rhythm. Each player starts at their own EVEN court sideline.

Now instead of staying in one place each player will begin to move, by sliding across their court towards the opposite side line. In this case from EVEN court to ODD court.

Control and placement are important. Each player must "lead" his partner with a shot that will move them across the court to the opposite side.

Remember to slide and glide and avoid the crossover step when possible. Keep the ball to your opponents forehand until you get to meet them directly across the net at the service line of the NVZ.

Continue to "lead" your opponent across the court. Now you will be hitting backhands to each other. Work your way to the side line and return repeating in the opposite direction moving ODD court to EVEN court.

This will keep work on footwork and paddle control. Always remember to SET your feet before you HIT the ball and then GET ready to move to the next position. Keep your paddle in a ready position as you move across the court. Don't drop it down until you are ready and have anticipated the next bounce placement.