

SKIPPY DRILL - For this drill let's start on the odd court. With player one at the NVZ line or Zone C on the defensive side of the net and the player two at the mid-court Zone B of the offensive side, players will continuously hit balls with purpose and direction.

Player one will direct a low trajectory ball to player two's position in Zone B. Skipping the ball off the floor at a low angle. Player two, in ready position will set in a split step foot placement position, square to the net or a slight 45* position and receive the skipping ball. Player two will return the ball with a DROP shot back over the net to player one's position at the NVZ.

Remember, keep your paddle out in front of you.

This will continue for a set number of successful completions. Player one, for drill purposes only, WILL direct the ball with enough force to give player two successful attempts. We want player two to learn and not be frustrated by constant hard hits and not be able to control the return. What is the purpose of that?

As the drill progresses and the challenge becomes automatic and easier for player two, player one will increase speed and force on the return shot.

Player two will then move back to Zone A in the deep back court and repeat from a further distance.

A variation would be with a volley drop shot from each of these two positions as well. NO skipping on this one. No pun intended!

Repeat and change positions.