



How to Hit a Forehand Drive Volley

In this video, you will learn how to hit a forehand drive volley.

It is an aggressive volley that is played by stepping in and intercepting a high, weak or defensive groundstroke

It is ideally played when the ball is around shoulder level

If it is higher, you would rather opt for the smash

If the ball is between your knees and below your chest, you should play a regular volley

The three key steps are the preparation, the shot and the follow through

Step 1

After you have hit an attacking shot and your opponent is under pressure, move up to the net

Remember to hold the racket in the continental grip so that you can switch easily to the forehand or the backhand

For a forehand drive volley use a semi-western or western grip

If you are hitting the shot on the run, turn the body and get your non racket leg in front in the neutral stance

Swing your racket back, rotate your upper body and whip the ball over the net

If the ball is in no man's land, you will have to add some topspin to make sure you don't hit it in the net

If the ball is in the service court at shoulder height, you could hit a little flatter with a downward trajectory

If you get early to the ball, you can try hitting the drive volley in the open stance

Step 3

The follow through

Extend the racket across and under the non racket shoulder for the forehand

Lead with your body and step forward into the shot

You can land on your non racket leg if you are taking the ball on the run

It's important to put some bodyweight into the drive volley

Ask your friend to feed you shoulder height balls and practice your drive volley

Enjoy your game

<https://www.sikana.tv/en/sport/tennis/forehand-drive-volley>