



# How to Hit a Forehand Volley

In this video, you will learn how to volley.

A volley is an attacking net shot that is struck before the ball bounces

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

## Step 1

### The Preparation

Use a continental grip

The racket frame should be perpendicular to the ground and the base of the 'V' formed with the thumb and the index along the first bevel

Hold the throat of the racket with the non racket hand

Stand in the ready position two metres from the net, with legs shoulder width apart and knees bent

The racket handle should be waist-high and the head should point diagonally upward, forming an 'L' shape with the arm

Avoid holding the racket down or to the side

## Step 2

### The Shot

Do a split step when your opponent contacts the ball

This will allow you to turn to the forehand or the backhand

Turn your shoulders on your forehand side and extend your non racket hand in front to help you judge and balance

Swing your arm forward as you strike the ball and step forward with your non racket leg simultaneously

Keep the side of the frame up and push the ball forward with a firm and locked wrist

Avoid using your wrist to hit the volley

The underspin is generated by using the shoulder as a hinge, starting with the racket above the ball and contacting it below

The swing should be minimal and compact, as if you were blocking the ball

Do not take the racket behind your shoulders before volleying

Ideally the ball should be above the net, so that you can attack by pushing the racket forward and downward, high to low

If the ball is below the net, bend your knees and keep the side of the racket up

The contact should be to the side and in front of your body

Step 3

The follow through

In a volley, there's isn't much of a follow through

Lead with your body and step forward into the shot

It's important to put some bodyweight into the volley

Get back into the ready position with the racket head up

Practice volleying against the wall or with a partner

Enjoy your game

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