



How to Hit a Forehand Drop Volley

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

It is an effective shot and played close to the net, when the return is low and the opponent is far behind

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

Step 1

The Preparation

You could do a slight switch from the continental grip towards the eastern backhand grip

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

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

Step forward with your non racket leg and turn your shoulders on your forehand side

Remember to hold the racket with a light grip pressure

If you hold it tight, the ball will pop high up and you will hand over the advantage to the opponent

Bend your knees and keep the side of the racket up

Swing the racket forward and open the face as you contact under the ball

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

Try and make the ball bounce straight ahead and close to the net

You could try practicing the underspin by catching your own drop volleys

Once you have mastered the straight drop volley, you could try and hit a drop volley cross court

Angle the racket and contact the outer and lower side of the ball to add some side spin Step 3

The follow through

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

Lead with your body and step forward into the shot

Ask your partner to feed you low balls over the net and practice your drop volley

Enjoy your game

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