

Skills 1
Punch Volley
Class 4 of 4

Equipment: Ball Caddies, Nametags

Introductions - 5 Minutes

1. Name
2. Best individual improvement from class
3. Remind participants to drink water as needed.

Today's Line-up

Warm Up

Dinking Game

Punch Volley Demo

Punch Volley Drills

Round Robin Play

Wrap up/ Answer Questions

Cool Down

Warm-up Stretches (See separate sheet) - 5 Minutes

Dinking Game – 1 Ball – 6 Players - 15 Minutes

Reminder: "Ready position", light Grip, shuffle feet, keep eye on the ball ALL THE WAY TO PADDLE, no backing up, shoulder movement - low/high, weight on pads of feet, control, patience.

1. Dink to each other as though playing a game. Use forehand and backhand; Scoring the game with 0-0-2 start. 4 Players on court.
2. First team to 5 points wins, (or 5 minutes); then rotate 1 position with 2 players on and 2 players off.

Players practice scoring progression; ball must bounce before it's hit in the No Volley-Zone; the ball is out if it hits the green area. Remind partners to help each other by calling ball out for them.

Punch Volley – Used at the NVZ line to keep opponents back and on defense. Can be used as a “put away” shot when executed at the right time. Reminder: Players cannot be in the NVZ or touch the NVZ line.

Punch Volley - Instructor to Demo – 5 Minutes

1. Demonstrate volley - ball doesn't bounce and is hit in the air with a tighter grip on the paddle for force.
2. Short punch from the center of your body.
3. Engage quads, sit in a chair.
4. MUST stand outside NVZ AT ALL TIMES, can't even touch the line with feet, no objects can fall into the kitchen after hitting the ball (momentum).
5. ALWAYS be paddle ready- some hits are returned fast and to the chest and face - need the paddle for protection!

Punch Volley Drill - instructors & assistants feeding balls- 15 Minutes

1. Place the ball caddy center court behind the NVZ line.
2. 2 players on the court with others in line behind each player waiting their turn. Instructors/assistants feed the ball to players. After 10 volleys attempts, next player steps up to NVZ line for their turn.
3. Repeat drill as time allows.

Partner Punch Volley Drill - 10 Minutes

1. 4 players on the court. Partners standing behind NVZ line punch volley back and forth attempting to keep the ball in the air with control.

Round Robin Play – 45 Minutes - Coach Players to:

1. **Partnering** – Plan strategy before the game; who has the middle. Help with wide and long ball calling (WATCH!)
2. **Paddle ready** – Knees bent, paddles up, weight over pads of feet, eye on ball.
3. **Footwork** – Footwork first; you can tell where a ball is going to. Start moving your feet in that direction to meet it, don't wait, you should always be shuffling your feet as the ball is moving around the court (ALL PLAYERS).
4. Make contact with ball in front of you.

Wrap up:

Summary of skills taught and answer any questions.

Cool Down Stretches (See separate sheet) - 5 Minutes to Comfort Level