

FREE BONUS

4 DAY VOLLEY CURE

DAY

1

DAY

2

DAY

3

DAY

4

The 4 Day Volley Cure

How To Transform Your Volleys In 4 Days

By Jeff Salzenstein

Legal Disclaimer

You must get your physician's approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only.

You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises and drills in this manual, do not take risks beyond your level of experience, aptitude, training and fitness.

The exercises and in this book are not intended as a substitute for any exercise routine or treatment that may have been prescribed by your physician.

Always do a warm-up prior to tennis training.

If you experience any light-headedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old.

Please discuss all exercise changes with your physician or a registered dietician. If your physician recommends that you don't use this workout, please follow your doctor's orders.

Welcome From Jeff...

Congratulations on getting the 4 Day Volley Cure, the step-by-step guide to help you dramatically accelerate your volley results in just 4 days.

Follow this guide and you'll see and feel your volleys improve every day you play. You deserve to be commended for being an action taker, and I want to personally congratulate you for making the choice to dig into the 4 Day Volley Cure.

You're one of the top 1% that wants to make it happen with your volleys, and I'm very excited to see the awesome results you'll get. The drills and concepts in the 4 Day Volley Cure will help when you practice them.

There will be no more guesswork about how to improve your volleys after going through this manual. These drills and exercises were designed specifically for you to get FAST results. You can also repeat the 4 Day Volley Cure over and over again so that you can master the drills and tips shared with you.

Now, you have the drills and concepts in the 4 Day Volley Serve Cure to help you improve your volleys for the short and long term.

Here's How You Can Be Safe With Your Training

*Please train smart and listen to your body. Avoid pushing too hard.

*Avoid performing any exercises and drills that you are not clear on how to do. Always seek expert advice from an experienced trainer and/or coach if you are unsure of how to perform an exercise or drill.

*If something in your body hurts, stop immediately. You don't win any awards for pushing through the pain. In many cases, you can modify an exercise or drill to eliminate any pain. Look to adjust the drill or exercises in the program to avoid pain. Otherwise stop immediately.

*When learning the exercises and drills in this program, do your best to get the proper form down. There is a chance you will experience soreness when you first start the program, so avoid doing too many sets of a given exercise and/or drill.

*Take extra rest between sets in a workout or take extra days off between sessions until your body feels ready to go again.

*Having a training/practice partner can help keep you stay motivated you as well as help you train/practice safer. If you are alone, make sure your form is very good so that you can limit the chance of injury.

*Always start with easier modified exercises and drills when you first start the program. Don't try to show off or be a hero. It's actually better for you and your tennis if you perform the "easier" exercises and drills with amazing form. You will be challenged even with the "easy" exercises and drills.

*Take days off when you feel its right for you.

*Always perform the dynamic warm up drills to get your body and mind prepared for the main serve practice sessions of the day.

*Avoid starting this program if you have a preexisting injury. You can work around it with some exercises and drills in the program but it is not advised. Seek out a doctor and/or physical therapist to help you heal your injury before you begin this program.

*Check with your doctor before starting any new exercise and/or training program. It is vital to focus on training smart and safely.

What The 4 Day Volley Cure Does

The goal of the 4 Day Volley Cure program is simple: to help you rapidly transform your volleys while you effectively improve your technique, feel, footwork, balance, consistency, and confidence. Whoa! That's a lot to ask in 4 days:)

The volley is the one of the most fun shots to master and when you do, it'll feel so rewarding to win more points at the net.

Rarely does a player at any level volley efficiently and effectively. Often players accept that they really won't improve their volleys that much.

Until now...

With the 4 Day Volley Cure, you can effectively learn the best drills to master for your volleys so that it most resembles how the best pros in the world play the net.

Yes, you can do it. Don't buy into the notion that only the pros can volley a certain way and that you're limited.

With the right exercises in this 4 Day Volley Cure, you'll know exactly what to do to be successful with your volley.

Many of you will have tremendous breakthroughs within 4 days, but if for some reason it takes longer to make positive changes, the only thing stopping you is consistent action on a daily basis. You can do this!

Why? Because you have the formula outlined in the 4 Day Volley Cure. Carve out time away from competition to practice the volley drills outlined in this manual.

Don't try to change your volleys in the middle of a match. When you compete, that is the time to work on your competitive skills where you focus more on strategy and mental toughness. Wait until you can get on the court (on your own or with a partner that wants to help) to practice these drills.

Enjoy the daily drills and tips...you'll be richly rewarded with big time benefits.

Remember: you've probably been hitting volleys a certain way for years. Give yourself a little time to get this right. All good things come to those who stick with the process and demonstrate patience while learning. The cool thing is that you may have instant results that can transform your volleys so be ready for some awesome improvement.

If you plan to play tennis for many years to come and you're passionate about getting better, you can make these changes now and have volleys your friends and opponents will only dream of having.

Good luck and keep me posted on your progress.

I'd love to hear how great you're doing with this program, and thank you so much for being a dedicated player ready to go to the next level.

4 Day Volley Cure

Here's how this entire program is going to work. You'll get the 4 Day Volley Cure program to follow. You can adjust it to make it work best for you depending on what drills and exercises you feel you need to practice more often.

In this volley program, you can spend 10 minutes per day or up to an hour to gain FAST results. Also, focus on the key tips outlined in matches so that you're always progressing. A daily dose of volley practice can go a long way to helping you build confidence. Set aside time to consistently practice these skills. If you work during the day, you can plan for longer volley practice sessions on the weekends. The key is to be consistent if you want the best results.

Even if you only have 5-10 minutes a day to concentrate on upgrading your volleys, you'll see progress in a short amount of time. You can repeat the 4 Day Volley Cure program as many times as you want. It's always there for you to review and implement into your own personal training program.

Also, consider getting a journal so that you can log the workouts and drills that you performed. As you learn the exercises and drills and discover which ones you need most to help your volleys, add more of those drills to your program until you master them.

Here are the main areas we're going to cover:

- 1. Practice Feeling The Correct Grip**
- 2. Where To Aim**
- 3. Get Comfortable In The Starting Line Position**
- 4. How To Master The First Move**
- 5. How To Fix The Swing Path**
- 6. How To Finish Correctly**
- 7. How To Move Correctly At Net**
- 8. How To Fix High Volley**
- 9. How To Fix Low Volley**
- 10. How To Fix Wide Volley**

I'm going to go over each component of the volley listed above so that you're crystal clear on what to focus on each day that you practice your volleys.

Don't be surprised if you get immediate results. The drills and concepts are that powerful. And if you don't "get" it right away, don't worry. Stick with the drills and tips. You'll have TREMENDOUS breakthroughs when you practice consistently.

The volley exercises and drills in Days 1-4 are organized in a specific order. Do your best to follow the layout to gain maximum results. The 4 Day Volley Cure is a done-for-you system that really works. If you feel you need to spend more time on specific exercises and drills, then go ahead and adjust the program as you see fit. Get ready for some awesome volley results.

Dynamic Warm Up Routine

Before you start every volley practice session, incorporate a thorough dynamic warm up. The warm up will help you get your body and mind ready for action. You'll significantly limit the chance of injury, increase your range of motion and strength, raise your core body temperature, and prepare your body for your practice at the net.

Perform these warm up exercises on court before practice. You can use the width or length of a court depending on what you prefer. You can run through this series once or twice before starting your volley training.

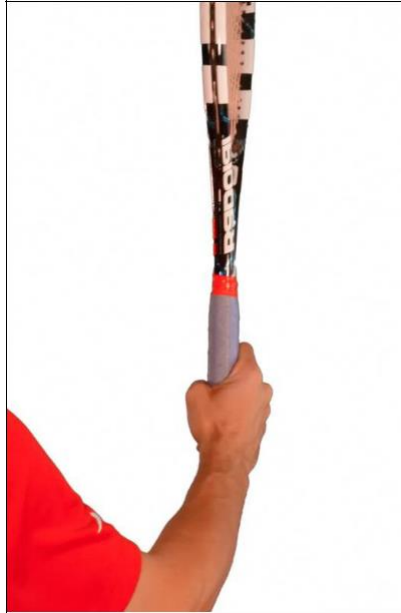
For the volley lunges and the shadow footwork volleys you can practice at the net just in front of the service line. Please see photos at the end of the manual.

- Cradle Walks
- High Knees
- Alternating Lateral Lunges
- Toy Soldiers
- Ballet Curtsies
- Forward Lunges Hand Over Head
- Bowler Squat
- Spidermans
- Deadlift Single Leg
- Heel Walks Feet Out
- Volley Lunges Diagonal
- Shadow Footwork Volleys

Day 1

Fundamentals

Grip: Weak Continental Grip



- The “weak” continental is between a continental and eastern forehand grip
- Index knuckle shifts slightly away from top bevel compared to the continental grip position
- The heel of the hand shifts away from the top bevel compared to the continental grip
- Patrick Rafter used this grip for his awesome volleys
- The “weak” continental grip can help with flatter forehand volleys
- The “weak” continental grip can help with more underspin and control on backhand volleys

Grip: Choke Up



- Hold a “weak” continental with index finger spread
- Line the heel of the hand up with the end of the racquet
- Do not have the heel of the hand off the racquet like on a groundstroke or serve
- There will be space between the pinky and the end of the racquet

Grip: Spread The Index Finger



- Hold the racquet a “weak” continental grip
- Spread the index finger away from the other fingers
- Use the spread index finger to take up a lot of surface area on the grip
- The knuckles of the hand will be angled when compared to the racquet grip

Starting Line: Horse Stance For Volleys



- Feet in a neutral position and slightly wider than shoulder width
- Feet solidly pushing through the ground focusing on pressure in the mid foot
- Head, shoulder, and hips facing forward with knees flexed
- Arms relaxed and bent in front of body
- Hands holding an imaginary ball
- Upper body slightly bent over in athletic position
- Shoulders dropped and relaxed

Starting Line: With Racquet (Ready Position)



- Feet in a neutral position slightly wider than shoulders
- Can also get wider into a lower, wide base
- Feet solidly pushing through the ground focusing on pressure in the mid foot
- Head, shoulder, and hips facing forward with knees flexed
- Shoulder dropped and relaxed
- Fingers of off hand holding throat of racquet for one handed backhand volley
- Arms relaxed and bent in front of body
- Racquet tip tilted toward backhand volley side

First Move: Shadow Catching The Ball



- Start in “volley” horse stance holding an imaginary ball
- Make first move to forehand side pretending that a ball will be caught
- Return back to the “volley” horse stance position
- Make first move to the backhand side pretending to catch ball with back of hand
- Return back to volley horse stance position

Swing Path: Hold The Shoulder Drill



- Start in proper ready position
- Place off hand on dominant hand while making first move to forehand volley
- Keep hand in front and make contact with shadow stroke or hitting the ball
- Step in while making contact
- Feel movement from the shoulder and not elbow or wrist
- Finish with hand in front keeping off hand on dominant shoulder
- Return to ready position



- Start in proper ready position
- Place off hand on dominant hand while making first move to backhand volley
- Keep hand in front and make contact with shadow stroke or hitting the ball
- Step in while making contact
- Feel movement from the shoulder and not elbow or wrist
- Finish with hand in front keeping off hand on dominant shoulder
- Return to ready position

Swing Path: Swing And Hold Finish



- Start in proper ready position
- Make first move to forehand volley with racquet tip up
- Shadow stroke or hit the ball swinging slightly high to low
- Swing slightly across the body as well while stepping in
- Finish with hand in front of body with arm slightly bent
- Racquet strings facing slightly toward the sky
- Hold finish and return to ready position with racquet still in finish position



- Start in proper ready position
- Make first move to backhand volley with racquet tip up
- Shadow stroke or hit the ball swinging slightly high to low
- Swing slightly across the body as well while stepping in
- Finish with racquet head in front of body and arm bent
- Racquet strings facing slightly toward the sky
- Hold finish and return to ready position with racquet still in finish position

Ball Machine Or Ball Feeds/Tosses

First Move: Catch The Ball



- Set a ball machine up for the ball to come out slowly or use partner to feed or toss balls
- Start in “volley” horse stance position
- When ball comes slowly toward the forehand volley, make the move to catch it
- Drop the ball and return to “volley” horse stance position.

First Move: Head To Head Shadow On First Move



- Start in proper ready position
- Make first move to forehand volley
- Stay open with hips and shoulders and off hand relaxed and slightly in front
- Keep head close to racquet head with head slightly tilted
- Return to ready position
- Make first move to backhand volley
- Keep off hand on throat of racquet
- Keep head close to racquet head with head slightly tilted
- Return to ready position

Swing Path: Hold The Shoulder Shadow Drill



- Start in proper ready position
- Place off hand on dominant hand while making first move to forehand volley
- Keep hand in front and make contact with shadow stroke or hitting the ball
- Step in while making contact
- Feel movement from the shoulder and not elbow or wrist
- Finish with hand in front keeping off hand on dominant shoulder
- Return to ready position



- Start in proper ready position
- Place off hand on dominant hand while making first move to backhand volley
- Keep hand in front and make contact with shadow stroke or hitting the ball
- Step in while making contact
- Feel movement from the shoulder and not elbow or wrist
- Finish with hand in front keeping off hand on dominant shoulder
- Return to ready position

Swing Path: Swing And Hold Finish



- Start in proper ready position
- Make first move to forehand volley with racquet tip up
- Hit the ball swinging slightly high to low
- Finish with hand in front and arm bent
- Racquet strings facing slightly toward the sky
- Hold finish and return to ready position with racquet still in finish position



- Start in proper ready position
- Make first move to backhand volley with racquet tip up
- Hit the ball swinging slightly high to low
- Finish with racquet in front of body and arm bent
- Racquet strings facing slightly toward the sky
- Hold finish and return to ready position with racquet still in finish position

Match Play/Live Ball Focus

Keep Head To Racquet Head On First Move

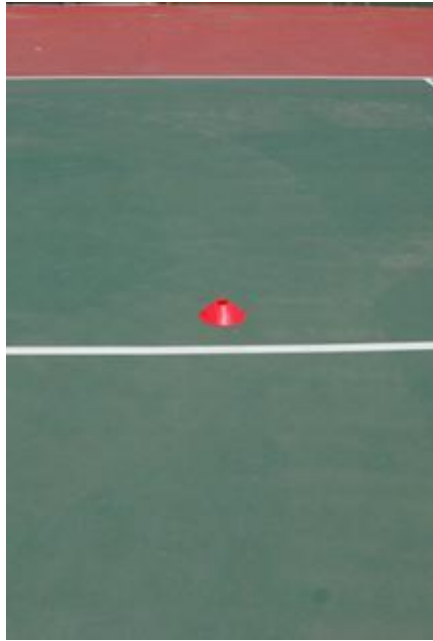


- Start in proper ready position
- Make first move to forehand volley with racquet tip up
- Keep racquet head close to the head
- Keep hips facing the net
- Slight turn of the shoulders



- Start in proper ready position
- Make first move to backhand volley with racquet tip up
- Keep racquet head close to the head
- Keep hips facing the net
- Pull Arm Across To Create Natural Shoulder Turn

Aim To The Right Spot

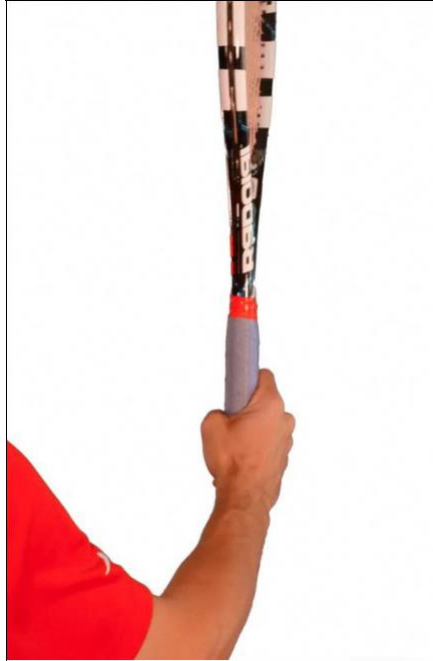


- On regular and high volleys, aim “just past the service line”
- Aim at the center spot between the center service line and the singles sideline
- With this target, the ball will often carry deeper than the intended target
- Players will make more volleys with this safer target

Day 2

Fundamentals

Grip: Weak Continental



- The “weak” continental is between a continental and eastern forehand grip
- Index knuckle shifts slightly away from top bevel compared to the continental grip position
- The heel of the hand shifts away from the top bevel compared to the continental grip
- Patrick Rafter used this grip for his awesome volleys
- The “weak” continental grip can help with flatter forehand volleys
- The “weak” continental grip can help with more underspin and control on backhand volleys

Grip: Choke Up



- Hold a “weak” continental with index finger spread
- Line the heel of the hand up with the end of the racquet
- Do not have the heel of the hand off the racquet like on a groundstroke or serve
- There will be space between the pinky and the end of the racquet

Grip: Spread The Index Finger



- Hold the racquet a “weak” continental grip
- Spread the index finger away from the other fingers
- Use the spread index finger to take up a lot of surface area on the grip
- The knuckles of the hand will be angled when compared to the racquet grip

Starting Line: Horse Stance



- Feet in a neutral position and slightly wider than shoulder width
- Feet solidly pushing through the ground focusing on pressure in the mid foot
- Head, shoulder, and hips facing forward with knees flexed
- Arms relaxed and bent in front of body
- Hands holding an imaginary ball
- Upper body slightly bent over in athletic position
- Shoulders dropped and relaxed

Starting Line: With Racquet (Ready Position)



- Feet in a neutral position slightly wider than shoulders
- Can also get wider into a lower, wide base
- Feet solidly pushing through the ground focusing on pressure in the mid foot
- Head, shoulder, and hips facing forward with knees flexed
- Shoulder dropped and relaxed
- Fingers of off hand holding throat of racquet for one handed backhand volley
- Arms relaxed and bent in front of body
- Racquet tip tilted toward backhand volley side

First Move: Shadow Catching The Ball



- Start in “volley” horse stance holding an imaginary ball
- Make first move to forehand side pretending that a ball will be caught
- Return back to the “volley” horse stance position
- Make first move to the backhand side pretending to catch ball with back of hand
- Return back to volley horse stance position

Swing Path: Hold The Shoulder Drill



- Start in proper ready position
- Place off hand on dominant hand while making first move to forehand volley
- Keep hand in front and make contact with shadow stroke or hitting the ball
- Step in while making contact
- Feel movement from the shoulder and not elbow or wrist
- Finish with hand in front keeping off hand on dominant shoulder
- Return to ready position



- Start in proper ready position
- Place off hand on dominant hand while making first move to backhand volley
- Keep hand in front and make contact with shadow stroke or hitting the ball
- Step in while making contact
- Feel movement from the shoulder and not elbow or wrist
- Finish with hand in front keeping off hand on dominant shoulder
- Return to ready position

Swing Path: Swing And Hold Finish



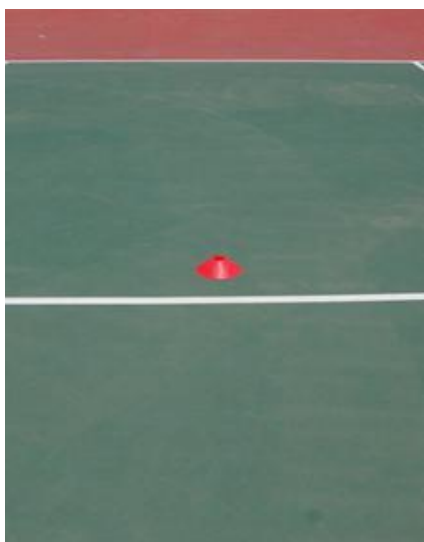
- Start in proper ready position
- Make first move to forehand volley with racquet tip up
- Shadow stroke or hit the ball swinging slightly high to low
- Swing slightly across the body as well while stepping in
- Finish with hand in front of body with arm slightly bent
- Racquet strings facing slightly toward the sky
- Hold finish and return to ready position with racquet still in finish position



- Start in proper ready position
- Make first move to backhand volley with racquet tip up
- Shadow stroke or hit the ball swinging slightly high to low
- Swing slightly across the body as well while stepping in
- Finish with racquet head in front of body and arm bent
- Racquet strings facing slightly toward the sky
- Hold finish and return to ready position with racquet still in finish position

Ball Machine Or Ball Feeds

Aim Just Past The Service Line



- On regular and high volleys, aim “just past the service line”
- Aim at the center spot between the center service line and the singles sideline
- With this target, the ball will often carry deeper than the intended target
- Players will make more volleys with this safer target

Catch The Ball



- Set a ball machine up for the ball to come out slowly or use partner to feed or toss balls
- Start in “volley” horse stance position
- When ball comes slowly toward the forehand volley, make the move to catch it
- Drop the ball and return to “volley” horse stance position.

Off Hand



- Start in proper ready position
- Make first move to forehand volley with racquet tip up
- Off arm stretch out in front of body instead of pulling to the side
- Fingers spread, palm facing the side
- Make contact with the ball and feel off arm pull away from body a little
- Keep arm relaxed at the end of the swing.



- Start in proper ready position
- Make first move to backhand volley with racquet tip up
- Off hand rests on the throat of the racquet
- Make contact with the ball and feel off arm stay bent and close to the
- Hand raises up while arm stays bent
- Keep off arm relaxed at the end of the swing

Swing Path: Swing And Hold Finish



- Start in proper ready position
- Make first move to forehand volley with racquet tip up
- Shadow stroke or hit the ball swinging slightly high to low
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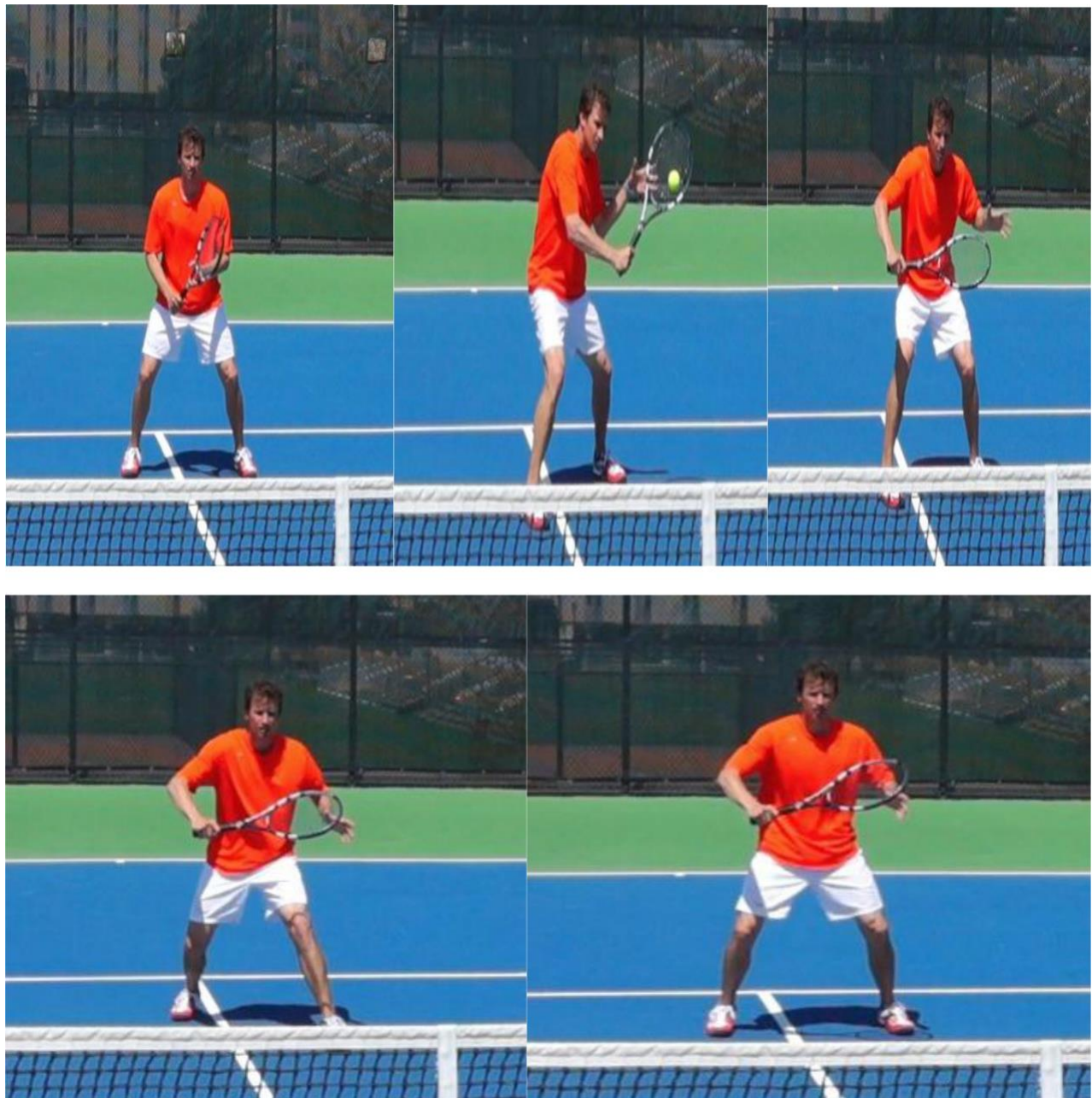


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- Racquet strings facing slightly toward the sky
- Hold finish and return to ready position with racquet still in finish position

1-2-3-Split



- Start in ready position
- Make first move to forehand volley
- The 1 is stepping in
- The 2 is squaring up with other foot while holding finish
- The 3 is slightly stepping back with front foot
- The last move is with the split step with hand in front holding finish



- Start in ready position
- Make first move to backhand volley
- The 1 is stepping in
- The 2 is squaring up with other foot while holding finish
- The 3 is slightly stepping back with front foot
- The last move is with the split step with hand in front holding finish

Square Up On Wider Balls



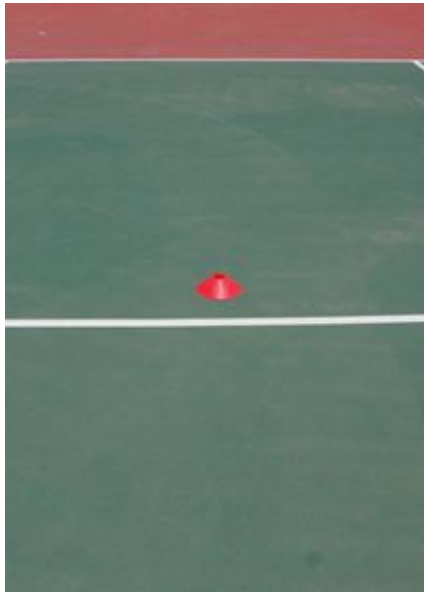
- Start in proper ready position
- Make first move to forehand volley with racquet tip up
- Reach for the ball to make contact
- Keep racquet tip back and raise hand on the finish
- Bring leg around into a wide base
- Square up with feet wider than shoulder and knees bent
- Prepare to recover back towards the middle



- Start in proper ready position
- Make first move to backhand volley with racquet tip up
- Reach for the ball to make contact
- Keep racquet tip back and raise hand on the finish
- Bring leg around into a wide base
- Square up with feet wider than shoulder and knees bent
- Prepare to recover back towards the middle

Match Play

Aim Just Past The Service Line



- On regular and high volleys, aim “just past the service line”
- Aim at the center spot between the center service line and the singles sideline
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- Start in proper ready position
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- Finish with racquet head in front of body and arm bent
- Racquet strings facing slightly toward the sky
- Hold finish and return to ready position with racquet still in finish position

Head To Head



- Start in proper ready position
- Make first move to forehand volley with racquet tip up
- Keep racquet head close to the head with the first move
- At contact, racquet head may move away from head
- Bring racquet head back towards head with a bent arm at the finish

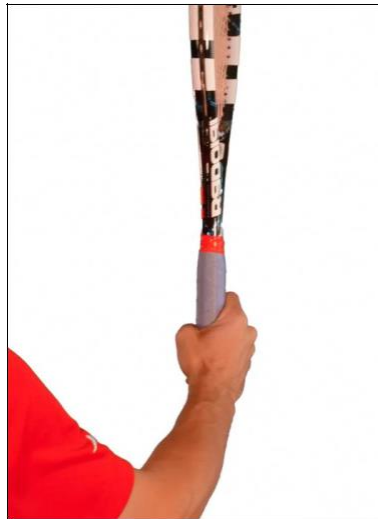


- Start in proper ready position
- Make first move to backhand volley with racquet tip up
- Keep racquet head close to the head with the first move
- At contact, racquet head may move away from head
- Bring racquet head back towards head with a bent arm at the finish

Day 3

Fundamentals

Grip: Weak Continental



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- Use the spread index finger to take up a lot of surface area on the grip
- The knuckles of the hand will be angled when compared to the racquet grip

Starting Line: Horse Stance



- Feet in a neutral position and slightly wider than shoulder width
- Feet solidly pushing through the ground focusing on pressure in the mid foot
- Head, shoulder, and hips facing forward with knees flexed
- Arms relaxed and bent in front of body
- Hands holding an imaginary ball
- Upper body slightly bent over in athletic position
- Shoulders dropped and relaxed

Starting Line: With Racquet (Ready Position)



- Feet in a neutral position slightly wider than shoulders
- Can also get wider into a lower, wide base
- Feet solidly pushing through the ground focusing on pressure in the mid foot
- Head, shoulder, and hips facing forward with knees flexed
- Shoulder dropped and relaxed
- Fingers of off hand holding throat of racquet for one handed backhand volley
- Arms relaxed and bent in front of body
- Racquet tip tilted toward backhand volley side

Swing Path: Hold The Shoulder Drill



- Start in proper ready position
- Place off hand on dominant hand while making first move to forehand volley
- Keep hand in front and make contact with shadow stroke or hitting the ball
- Step in while making contact
- Feel movement from the shoulder and not elbow or wrist
- Finish with hand in front keeping off hand on dominant shoulder
- Return to ready position



- Start in proper ready position
- Place off hand on dominant hand while making first move to backhand volley
- Keep hand in front and make contact with shadow stroke or hitting the ball
- Step in while making contact
- Feel movement from the shoulder and not elbow or wrist
- Finish with hand in front keeping off hand on dominant shoulder
- Return to ready position

Ball Machine Or Ball Feeds

Move To Spot



- Split step as the opponent hits the ball
- Make a first move to the forehand side
- Make a big step towards ball to make contact
- After contact step through with the other foot or jump through to cover a lot of ground
- Move to the appropriate spot to cover the next shot being hit by opponent



- Split step as the opponent hits the ball
- Make a first move to the backhand side
- Make a big step towards ball to make contact
- After contact step through with the other foot or jump through to cover a lot of ground
- Move to the appropriate spot to cover the next shot being hit by opponent

Move Through Shots



- Split step as the opponent hits the ball
- Make a first move to the forehand side
- Make a big step towards ball to make contact
- After contact step through with the other foot or jump through to cover a lot of ground
- Never slow down or stop on these shots



- Split step as the opponent hits the ball
- Make a first move to the backhand side
- Make a big step towards ball to make contact
- After contact step through with the other foot or jump through to cover a lot of ground
- Never slow down or stop on these shots

High Volley Fix: High Finish



- Start in ready position
- Make first move and take racquet up high for high forehand volley
- Make contact above the head if necessary
- Swing high to low while using legs to push off the ground
- Finish with arm bent and hand at or above shoulder level to clear the net
- Hold finish and aim to a safe target



- Start in ready position
- Make first move and take racquet up high for high backhand volley
- Make contact above the shoulder if necessary
- Swing high to low while using legs to push off the ground
- Finish with arm bent and hand at or above shoulder level to clear the net
- Hold finish and aim to a safe target

Swinging Volley



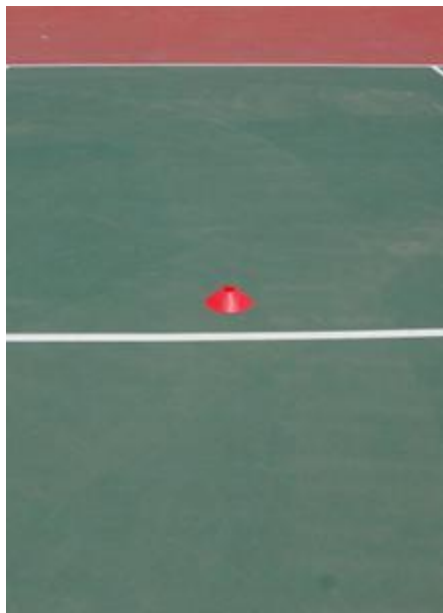
- Start in ready position at the net
- As ball comes high and slow, change to a eastern or semi western grip
- Hit the volley with a forehand groundstroke swing
- Load the legs and explode off the ground if possible
- Land on the ground and square up and prepare for the next shot



- Start in ready position at the net
- As ball comes high and slow, change to a topspin backhand grip
- Hit the volley with a backhand groundstroke swing
- Load the legs and explode off the ground if possible
- Land on the ground and square up and prepare for the next shot

Match Play/Live Ball Focus

Aim Just Past The Service Line



- On regular and high volleys, aim “just past the service line”
- Aim at the center spot between the center service line and the singles sideline
- With this target, the ball will often carry deeper than the intended target
- Players will make more volleys with this safer target

Swing Path: Swing And Hold Finish



- Start in proper ready position
- Make first move to forehand volley with racquet tip up
- Shadow stroke or hit the ball swinging slightly high to low
- Swing slightly across the body as well while stepping in
- Finish with hand in front of body with arm slightly bent
- Racquet strings facing slightly toward the sky
- Hold finish and return to ready position with racquet still in finish position



- Start in proper ready position
- Make first move to backhand volley with racquet tip up
- Shadow stroke or hit the ball swinging slightly high to low
- Swing slightly across the body as well while stepping in
- Finish with racquet head in front of body and arm bent
- Racquet strings facing slightly toward the sky
- Hold finish and return to ready position with racquet still in finish position

Head To Head



- Start in proper ready position
- Make first move to forehand volley with racquet tip up
- Keep racquet head close to the head with the first move
- At contact, racquet head may move away from head
- Bring racquet head back towards head with a bent arm at the finish

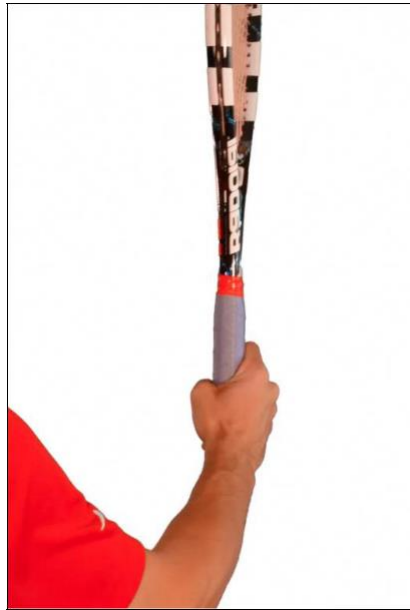


- Start in proper ready position
- Make first move to backhand volley with racquet tip up
- Keep racquet head close to the head with the first move
- At contact, racquet head may move away from head
- Bring racquet head back towards head with a bent arm at the finish

Day 4

Fundamentals

Grip: Weak Continental



- The “weak” continental is between a continental and eastern forehand grip
- Index knuckle shifts slightly away from top bevel compared to the continental grip position
- The heel of the hand shifts away from the top bevel compared to the continental grip
- Patrick Rafter used this grip for his awesome volleys
- The “weak” continental grip can help with flatter forehand volleys
- The “weak” continental grip can help with more underspin and control on backhand volleys

Grip: Choke Up



- Hold a “weak” continental with index finger spread
- Line the heel of the hand up with the end of the racquet
- Do not have the heel of the hand off the racquet like on a groundstroke or serve
- There will be space between the pinky and the end of the racquet

Grip: Spread The Index Finger



- Hold the racquet a “weak” continental grip
- Spread the index finger away from the other fingers
- Use the spread index finger to take up a lot of surface area on the grip
- The knuckles of the hand will be angled when compared to the racquet grip

Starting Line: Horse Stance



- Feet in a neutral position and slightly wider than shoulder width
- Feet solidly pushing through the ground focusing on pressure in the mid foot
- Head, shoulder, and hips facing forward with knees flexed
- Arms relaxed and bent in front of body
- Hands holding an imaginary ball
- Upper body slightly bent over in athletic position
- Shoulders dropped and relaxed

Starting Line: With Racquet (Ready Position)



- Feet in a neutral position slightly wider than shoulders
- Can also get wider into a lower, wide base
- Feet solidly pushing through the ground focusing on pressure in the mid foot
- Head, shoulder, and hips facing forward with knees flexed
- Shoulder dropped and relaxed
- Fingers of off hand holding throat of racquet for one handed backhand volley
- Arms relaxed and bent in front of body
- Racquet tip tilted toward backhand volley side

Swing Path: Hold The Shoulder Drill



- Start in proper ready position
- Place off hand on dominant hand while making first move to forehand volley
- Keep hand in front and make contact with shadow stroke or hitting the ball
- Step in while making contact
- Feel movement from the shoulder and not elbow or wrist
- Finish with hand in front keeping off hand on dominant shoulder
- Return to ready position



- Start in proper ready position
- Place off hand on dominant hand while making first move to backhand volley
- Keep hand in front and make contact with shadow stroke or hitting the ball
- Step in while making contact
- Feel movement from the shoulder and not elbow or wrist
- Finish with hand in front keeping off hand on dominant shoulder
- Return to ready position

Ball Machine Or Ball Feeds

High Volley Fix: High Finish



- Start in ready position
- Make first move and take racquet up high for high forehand volley
- Make contact above the head if necessary
- Swing high to low while using legs to push off the ground
- Finish with arm bent and hand at or above shoulder level to clear the net
- Hold finish and aim to a safe target



- Start in ready position
- Make first move and take racquet up high for high backhand volley
- Make contact above the shoulder if necessary
- Swing high to low while using legs to push off the ground
- Finish with arm bent and hand at or above shoulder level to clear the net
- Hold finish and aim to a safe target

Low Volley Fix: Tilt Shoulder



- Split step as the opponent hits the ball
- Make a first move to the forehand side
- Step with front foot before contact is made
- Step behind with other foot as contact is made
- Get the inside of the ball by swinging across the body
- Bring front foot through after other foot comes behind
- Hold finish with bent arm and strings up towards the ground
- Move through the shot and get in position to hit next volley



- Split step as the opponent hits the ball
- Make a first move to the backhand side
- Step with front foot before contact is made
- Step behind with other foot as contact is made
- Get the inside of the ball by swinging across the body
- Bring front foot through after other foot comes behind
- Hold finish with bent arm and strings up towards the ground
- Move through the shot and get in position to hit next volley

Wide Volley Fix: Hold Finish And Recover



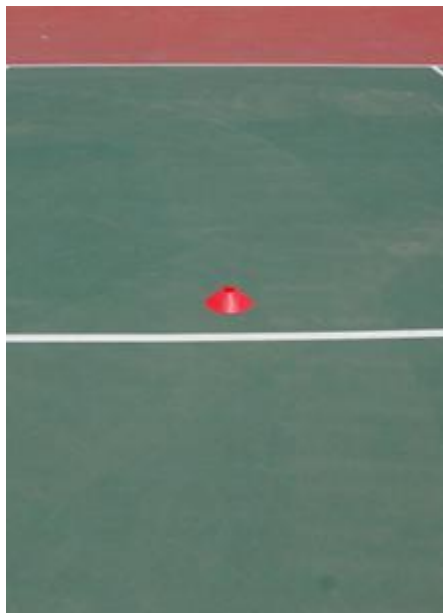
- Split step as the opponent hits the ball
- Make a first move to the forehand side
- Load outside leg and push off ground towards singles sideline
- Make contact with both feet off the ground
- After contact keep racquet on same side of body
- Racquet head stays laid back and lifted
- Can exaggerate and lay racquet back more
- Square up and use crossover recovery while holding the finish



- Split step as the opponent hits the ball
- Make a first move to the backhand side
- Load outside leg and push off ground towards singles sideline
- Make contact with both feet off the ground
- After contact keep racquet on same side of body
- Racquet head stays laid back behind body and lifted up
- Can exaggerate and lay racquet back more
- Square up and use crossover or cross behind recovery while holding the finish

Match Play/Live Ball Focus

Aim Just Past The Service Line



- On regular and high volleys, aim “just past the service line”
- Aim at the center spot between the center service line and the singles sideline
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Swing Path: Swing And Hold Finish



- Start in proper ready position
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- Hold finish and return to ready position with racquet still in finish position



- Start in proper ready position
- Make first move to backhand volley with racquet tip up
- Shadow stroke or hit the ball swinging slightly high to low
- Swing slightly across the body as well while stepping in
- Finish with racquet head in front of body and arm bent
- Racquet strings facing slightly toward the sky
- Hold finish and return to ready position with racquet still in finish position

Head To Head



- Start in proper ready position
- Make first move to forehand volley with racquet tip up
- Keep racquet head close to the head with the first move
- At contact, racquet head may move away from head
- Bring racquet head back towards head with a bent arm at the finish



- Start in proper ready position
- Make first move to backhand volley with racquet tip up
- Keep racquet head close to the head with the first move
- At contact, racquet head may move away from head
- Bring racquet head back towards head with a bent arm at the finish

FAQs

Q: What grip do I use for volleying? Do I change my grip depending on a forehand or backhand volley?

A: I prefer players to use a “weak” continental grip rather than a traditional continental. The “weak” continental is a grip that has been shifted slightly toward the forehand side, which will make your forehand volley naturally flatter. This is not an eastern grip. It is a slight variation of the continental. This grip will give your backhand volleys more underspin. Patrick Rafter is a player who uses a “weak” continental grip. I am a firm believer that you should keep the same grip for backhand and forehand volleys unless you decide to hit a swinging volley.

Q: How do I change my grip to a „weak continental” if I’ve has been using a regular continental grip for years?

A: It can be a challenge to change grips but sometimes a subtle change like going from a continental to a “weak continental” can make all the difference on the volley. For some players the change might require a lot of practice and patience. For others, it will be a relatively simple adjustment. Every player is different. Spend the time on the ball machine or with another player feeding you using the “weak continental.” Your swing path might change naturally with the new grip or you might have to adjust the swing path yourself. Experiment and see what works best for you.

Q: I am not sure what to do with my feet while volleying at the net, any suggestions?

A: When in doubt, focus on stepping in with your front foot. When you step in, make sure not to step across your body too much unless you get a wide ball that you need to stretch out on. I often tell players to get their front foot down on the ground while contact is made or even a little sooner then contact to make sure they attack the ball with their feet. If you’re moving forward on volleys, practice specific footwork patterns like the step through, the jump through, and the carioca.

Q: How do I follow the 4 Day Volley Cure if I can’t get court time?

A: In warm weather climates, you should be able to find a court somewhere outside to practice the 4 Day Volley Cure program. In colder climates where courts are scarce, find a gym or room in your home with ample space to perform the drills without a ball. If you can perform the drills without a ball by holding static positions and practicing shadow strokes and footwork, you can totally transform your volleys without as much practice on the court. One of the keys to improvement is to learn how to swing the racquet and move correctly without a ball in play first.

Q: Are there volleying drills I can do by myself when I can’t find a practice partner?

A: You can always perform shadow stroke and footwork drills on a court or at home. You can hold different position with your eyes open or closed to ingrain new muscle memory. You can use a ball machine to practice the new ideas and drills. Don’t use the excuse of not having a practice partner to improve your volleys. Some of your biggest improvements can happen without having a hitting partner.

Q: Are there drills I can do at home to learn how to volley when a tennis court is not available?

A: You can practice almost all the drills at home as long as you have enough space and don't break anything with your racquet. Find a spot in your home with plenty of room. Use your garage or a driveway. You can definitely hold different volley positions including the first move, catching the ball, and the finishes. You can also perform shadow footwork patterns **without** the racquet in your garage or driveway.

Q: How do I follow the 4 Day Volley Cure if I have only 15 minutes per day?

A: When it comes to mastering your volley, 15 minutes is better than nothing. Taking 15 minutes of positive volley action daily will make a world of difference. In fact, 15 minutes every day can help you much more than practicing an hour once per week. With consistent, short sessions (even 5 minutes per day), you're consistently giving yourself positive reinforcement by forming new, solid volley habits.

Q: How often do I need to practice the volley drills and tips to be "cured" in four days?

A: Four days is a very short time span to transform your volleys. If you practice an hour per day, you'll take a huge leap towards making big time volley progress. Most players don't have that much time so I often suggest to practice just 5-10 minutes a day consistently. The more consistent you are with the right volley training, the better the results. The good news is that if your positive results don't show up after four days, you can repeat the program as much as you'd like until you feel more confident at net. Be patient with the process, but don't be surprised if you get instant results.

Q: I have been playing tennis a long time and have a fairly decent volley, but know it could be better, will it be very difficult for me to "unlearn" all those years of incorrect muscle memory.

A: It really depends on how quickly you learn. Some players see immediate benefits from my volley tips and drills. Others need to practice a little longer, but you can feel confident that you have the best cues at your disposal for maximum improvement. If you take action on the drills and tips, you'll improve.

Q: How can you cure my volley in only four days, it takes years to develop a good volley?

A: It depends where you are at with your volleys. It might take you a few months to develop the proper volley techniques taught in the 4 Day Volley Cure, especially if you've had incorrect form up to this point. However, the results can come fast and in as little as four days with the right drills and step by step progressions outlined in this program. Mastering the volley is often difficult because players practice the wrong drills over and over again. Not anymore. The drills in the 4 Day Volley Cure were designed to help you learn as fast as possible. You can even feel a big positive change in your first practice session with these cutting edge drills.

Q: What angle is the face of my racquet supposed to be when I hit a volley?

A: For most players, their racquet face should be slightly open on the forehand and backhand volley. This slightly open racquet face allows you to bite the ball with just the right amount of underspin. It will also help you to “lead with the bottom edge” for maximum control on the volley. Some players hit their volleys with too much spin or chop down too much. These types of players may need to practice squaring up the racquet face more so that the volley is hit flatter.

Q: What drills do I perform if my volley is too flat?

A: As mentioned in the previous answer, “leading with the bottom edge” is a great drill to practice adding more spin naturally. You still maintain the same swing path through the ball while avoiding chipping down, but by “leading with the bottom edge,” you set the racquet face up to give you more spin. Also, try to hold the finish with the racquet face slightly open at the end to remind yourself to get more spin. Just make sure you don’t chop down on your volleys to create spin. Get the spin by making a good first move with a slightly open racquet face.

Q: What is more important when hitting volleys, power, placement or both?

A: As you cure your volleys, placement and consistency is almost always better than increasing power. The name of the game is to develop ball control first. When you can use your hands to feel the ball on your strings and hit shorter volleys that force your opponent to move up into the court, you’ll have a huge advantage when you come to the net. To keep your opponents off balanced, you can also learn to “stick” the volley more, but only after you develop more feel first.

Q: How close to the net am I supposed to stand when I am volleying?

A: The traditional answer is to close the net tight, and this strategy can work in some cases. However, if you’re a rec player or a junior player, it’s more difficult to close the net like the pros. At the rec and junior levels, your opponent will lob you more so it’s better not to close as much as the pros. Hang back a little and then when your opponent floats the ball you can practice closing fast on. By not closing as much, you’re more susceptible to the angles but at least you have a better chance to cover the lob.

Q: What are the similarities between hitting a regular volley vs. hitting a swinging volley? Do I use the same grip?

A: These are two completely different shots. A traditional volley involves using a continental type grip on the forehand and backhand volley with a short, slightly high to low swing path to create a little underspin. The swinging volley requires you to change your grip on both the forehand and backhand. You’ll hit a swinging volley just like a groundstroke out of the air.

Q: Will the 4 Day Volley Cure help me with half volleys too?

A: Yes it can. Of course, it’s important to practice the half volley where the ball bounces in front of you before you make contact, but by learning to hold the finish, to move through volleys, as well as to move to the spot for the next volley, you’ll gain a feel for how to handle half volleys as well. These concepts are important to practice for volleys as well as half volleys so there should be a carryover benefit on this shot.

Q: I am fearful of coming to the net, because I don't want to get hit by the ball; will your techniques teach me to be quicker to react at the net and help eliminate my fear?

A: Yes. With improved technique especially learning to make a proper first move and focusing on the concept of "catching the ball" you'll meet the ball in front and be able to improve your reactions. If that's not enough, have a partner hit fast paced feeds at you so you can get used to handling balls that come at you very quickly.

Q: My coach told me I need to grip the racquet quite a bit tighter during volleys, is that right?

A: Yes and no. It's important to have a relaxed grip in the ready position and when you make the first move, but when you make contact, you want your grip to be firm. You want the racquet to feel solid and stable at contact. You also want your racquet head to stay up on most volleys at contact and at the finish position. A firm grip will allow this to happen. On touch volleys, you can soften your hand and hold the grip with less tension.

Q: I'm currently working with a local tennis instructor, but really like the material you have on the volley. How should I approach it with my instructor?

A: If you think your coach is open minded and willing to learn, you can show him what you're learning and see how he/she reacts. Another option is to study the 4 Day Volley Cure and the Net Play Secrets and practice the drills and concepts on your own time away from your coach. Tell him/her that you're working on your volleys by yourself and have him/her help you with other aspects of your game.

Q: While watching pro tennis, I notice that the singles players usually just stay on the baseline and rarely come in to finish points at the net. Is it worth it to learn how to volley effectively for singles?

A: You're right, the pros don't come to the net much. It's more difficult to win points at the net at the highest level of the game. However, if you can get to the net 3-5 times per set and win those points with solid volleys, you can literally turn matches around in your favor. Plus, at the rec level, there will be opponents who can't successfully lob or pass you so getting to the net early and often is very important.

Q: While practicing volleys for a short time, my arm starts hurting. Is this normal or is there possibly something wrong with my technique?

A: This is not normal. You shouldn't have pain when you volley. Something is wrong with your technique and/or your body can't handle the forces generated by your volley technique motion. Seek out a doctor or a physical therapist to address these issues. It will also help to have a comprehensive rehab/prehab program that you can use regularly to gain more balance and strength in your body. A program like this will go a long way toward eliminating the pain in your body.

Exercise Descriptions - Warm Up

Dynamic Warm Up Routine

Cradle Walk



- Stand straight with arms by the sides
- Bend lower leg and grab the outer to foot and ankle with the hands
- Balance on the standing leg while cradling the bent leg with the hands
- Extend up on the toes of the standing leg if possible
- Feel a stretch in the outer hip of the bent leg
- Put the bent leg down on the ground and repeat with other leg
- Walk forward alternating legs each time

High Knees Walks



- Stand straight with arms by the sides
- Grab one leg at the knee and bend it up toward the chest
- Balance on the standing leg
- Extend up on the toes of the standing leg if possible
- Put the bent leg down on the ground and repeat with other leg
- Walk forward alternating legs each time

Alternating Lateral Lunges



- Stand straight with arms by the sides
- Step out to the side in a wide lunge position
- Keep one leg bent and the other leg straight
- Both feet stay solidly on the ground
- Push off with the foot rotating the body on the other direction
- Get into a wide side lunge position
- Continue to alternate lunge position

Toy Soldiers



- Stand straight with arms by the sides
- Kick straight leg up into the air
- Reach with opposite hand to touch the toe on raised leg
- Place leg back down on the ground and step forward slightly
- Kick other leg into the air and reach with opposite arm
- Walk forward alternating legs each time

Ballet Curtsies



- Start from a standing position
- Cross one leg in behind the other
- Squat down with front foot in contact with ground
- Get back knee down close to the ground
- Push up from this position
- Repeat with other leg out front.

Forward Lunges Hand Over Head



- Stand straight with arms by the sides
- Raise hands overhead, palms facing in
- Step forward with one leg getting into a deep lunge position
- Drop back knee down towards the ground and keep front foot firmly through the ground
- Step forward with back leg into another forward lunge position
- Alternate lunges moving forward

Bowler Squat



- Stand in a narrow stance with arms by sides
- Shift weight to balance on one leg
- Perform a mini single leg squat and bend over from the waist
- Reach across body with one arm and attempt to touch the ground
- Keep the balance on one leg while performing the movement
- Return to an upright position balancing on the same leg
- Repeat on one side for the desired number of repetitions
- Switch legs and repeat the exercise

Spiderman



- Stand in a narrow stance with arms by sides
- Make a deep lunge with one leg, stepping out slightly to the side
- Put hands down inside the lunging leg
- Feel a stretch in hip flexor of back leg
- Bring back leg up lunging out with that leg by stepping out slightly to the other side
- Repeat exercise by alternating legs each time

Deadlift Single Leg



- Stand in a narrow stance with arms by the sides
- Step forward and hinge over at the hips balancing on forward leg
- Lift straight back leg off the ground
- Put hands as close to ground as possible while keeping back neutral
- Lift back up and place back foot on the ground
- Reverse legs and repeat

Heel Walks Feet Out



- Stand in a narrow stance with arms by the sides
- Raise arms up and clasp hands behind head
- Turn toes out and begin walking forward on heels
- Take small steps without toes touching the ground
- Squeeze shoulder blades together as well

Volley Lunges Diagonal



- Start in “volley” horse stance starting line position with hands in front
- Step across and lunge into a low forehand volley position
- Pretend to catch an imaginary ball out in front
- Tilt the shoulder and the head
- Return to the “volley” horse stance starting line position
- Step across and lunge into a low backhand volley position
- Pretend to catch an imaginary ball out in front with the back of the hand
- Tilt the shoulder and the head
- Alternate forehand and backhand volley lunges

Shadow Footwork Volleys





- Start in the volley starting line position with racquet
- Shadow a proper forehand volley while stepping across and squaring up
- Hold the finish while returning to the starting line position
- Shadow a proper backhand volley while stepping across and squaring up
- Hold the finish while returning to the starting line position
- Alternate forehand and backhand volley shadow strokes