

Coaching Tips – Third Shot Drop

Third Shot Drop

The 3rd shot drop is performed by the serving team after the return of serve by the opponents. The 3rd shot drop is like a soft shot in that it arcs over the net into the opposing team's NVZ (non-volley zone). By performing this shot, the serving team forces their opponents to hit up on the ball and gives them an opportunity to start working their way up to the NVZ.

Remember that the team at the net should have the advantage.

Drills with a Partner

1. Both partners are at the NVZ and will take a few soft shots into the NVZ. Have one partner do one split step backwards and perform a few more soft shots into the NVZ. This partner will continue to split step backwards and perform drop shots into the kitchen until they make their way to the baseline. The other partner stands at the NVZ throughout the drill and feeds their partner with progressively deeper shots, aiming at both the partner's forehand and backhand side.

The drop shots are similar to soft shots at the NVZ line but there must be more follow through as one gets further away from the net. Always try to take the ball in front of you, no backswing, more follow through, apex of ball on this side of net so ball drops into NVZ on opposite side of the net.

2. Once at the baseline, perform drop shots on both forehand and backhand.

3. Reverse roles and repeat #1 and #2

4. If time allows, start at baseline and perform drop shots. Make your way to the NVZ by split stepping forward and perform drop shots into the NVZ from each position until you successfully make your way to the NVZ.