

Coaching Tips - Volleying - Playing at the Non-Volley Zone (NVZ)

Goal: To be confident at the NVZ (aka kitchen). The NVZ is the advantage position.

Body position

- Toes within a couple of cm of the NVZ line, fairly wide stance, knees bent, body square to the ball.
- Paddle is up and at 10 or 11 o'clock position (no need to guard below the net); this allows you to be ready to block the fast balls.
- Once a player is at the NVZ they try to play the game from there. If they get pushed off the line, they work their way back.

Co-operative drill to increase hand speed and volleying the ball (4 progressions):

1. Stand inside the NVZ and volley the ball with a partner. Goal is to keep the paddle in front and little swing of the paddle. Ball should be sent in a direct line to partner.
2. Next step is to stand just inside the NVZ and repeat the above drill. It will seem like you have more time.
3. Now stand just outside the NVZ and repeat. There will be more time to execute the volley, but depending on the speed of the ball coming towards you, you may have to push the ball in order to get it back to your partner.
4. Finally, try to win the volley drill against your partner.

Tip: When practicing at the NVZ line try to volley to partner on their backhand and forehand side.

Rule alert: A volley can only be executed outside of the NVZ.