

Coaching Tips – Lob Retrieval

There is never an 'always' as to who retrieves the lob. Safety is the number one priority.

Technique

- If a lob is over a person's right shoulder, then they drop back with the right leg, cross over with the left leg and run behind the ball (if ball is over left shoulder drop with left leg crossover with right).
- Try to anticipate where the ball will land.
- If you are behind the ball, you will have the best chance of making a good shot off the lob.
- After the ball bounces, let it come up and then get under the ball as it descends again and make a drop back into the kitchen. You have more time than you think.
- Another option is to lob the ball back deep to your opponent's court, which will hopefully move them away from the NVZ.

Drill

- Partners are at the net.
- One partner will lob over the other partner's left or right shoulder.
- Practice proper lob retrieval - try drop shots and return lobs.
- Switch.

Lob retrieval a difficult skill and requires much practice.