

## HARD TO HANDLE »

## VOLLEYING BALLS HIT AT YOUR BODY

Here's how to return shots aimed right at you. BY CURLY DAVIS



If a ball comes directly at you, opt for a backhand volley; a forehand volley (right) requires you to get your body out of the way first.

## USE A BACKHAND VOLLEY

The backhand volley should always be your go-to shot for balls that are aimed directly at you. It keeps the hitting arm in front of your body and allows you to react to balls coming to either side of you. In the most difficult cases, when all you can do is hit a reflex shot, you can stay in the point simply by raising your elbow up and hitting a backhand volley. This movement will allow you to move the racquet more



freely in front of you and to protect yourself from well-aimed shots.

In contrast, the forehand volley has a much more limited range and can only handle shots on your right side (assuming you're a righty).



If you have a little more time, move your right foot to the right and rotate your upper body.

## MOVE RIGHT AND ROTATE YOUR HIPS

In cases where you aren't making a reflex volley but still don't have enough time to get in ideal position, move your right foot to your right to take your body out of the path of the oncoming ball. If you have time, you should also rotate your hips so that your right one is pointing toward the net. This allows you to coil your trunk just enough so that you can get support from your body and not rely solely on your arm.



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