

Name \_\_\_\_\_

## Net Play Unveiled: The Strategies of Volleying in Tennis

### Short Answer

1. Describe the continental grip used for volleying in tennis.
2. What are the two primary types of volleys in tennis, and when should each be used?
3. Explain the difference between offensive and defensive volleys in tennis.
4. Name three strategies for successful net play in tennis.
5. Why is mental toughness important for a tennis player when executing volleys at the net?

