

Name _____

Net Play Unveiled: The Strategies of Volleying in Tennis

Short Answer Key

1. The continental grip for volleying involves holding the racket with the base knuckle of the index finger on the third bevel of the racket handle.
2. The two primary types of volleys are the forehand volley and the backhand volley. The forehand volley is used when the ball approaches from the player's forehand side, while the backhand volley is used when the ball comes from the player's backhand side.
3. Offensive volleys aim to put pressure on the opponent, while defensive volleys aim to neutralize powerful shots.
4. Strategies for successful net play in tennis include closing the net, varying the placement of volleys, and looking for opportunities to put away volleys offensively.
5. Mental toughness is important for maintaining composure, focusing on the ball, and staying positive, especially under pressure at the net.

