

Pickleball NVZ Volley Shot

Goal #1 – Keep control of the court at the NVZ. Block hard hitting opponent shots and keep opponents back or hit to open court areas. Reset play from volley to soft shot. Hit winners!

NVZ Volley Shot – The NVZ is where you control the game. Once there, you will either hit a soft shot or volley shot depending on your opponents shot. The volley shot gives your opponents less time to react and allows for a harder shot at your opponents. Most Volley shots should be controlled shots to an opponent's weakness. Some are put away shots.

NVZ volley Shot Common Problems:

- 1) Not in "ready" position with paddle up, feet split in athletic position
- 2) Not focused on the ball and watching it all the way to your paddle
- 3) Over swing & hit too hard & out
- 4) Paddle direction down & hit into net or up and hit out
- 5) Hit right back to your opponent instead of at open court area

How:

Paddle Up in "Ready" Position

Paddle out in front of body – Backhand (75%)

Bend at knees & face the opponent hitting the ball

Paddle moves forward "along track" (keep wrist out of swing)

4 Common Volley Shots:

Block – firm or soft hands – defensive shot

Push – offensive shot to keep opponent back

Roll – top spin to keep opponents back

Cut / Catch (absorb) – take away hard shot and drop in NVZ with back spin

Type of Volley Shot

Offensive or Defensive - Red, Yellow, Green

Pickleball NVZ Volley Shot

Warm Up Focus Drill:

Toss ball to player - Player hit ball with end of handle

Hit ball up then hit over to opponent – repeat with control

Practice Volley Shots:

10 controlled volley shots – Both players “inside” NVZ

10 controlled volley shots – Both players at NVZ

Push or Roll shots to back of court – One player at NVZ, One player at back of court

Hard shot blocks – Cut / Catch (absorb) shot - One player at NVZ, One player at back of court

Figure 8 Drill (4 players):

Player 1 hits ball straight ahead

Player 2 hits ball across court

Player 3 hits ball straight ahead

Player 4 hits ball across court

(After 10 times change direction)

Competitive Drill:

Both players stand at the NVZ (half court) or Four players at NVZ (Full court)

Player #1 feeds a controlled volley to Player #2

Both players hit controlled volleys – minimum 5 in a row

After 5 volleys play out the point

Switch feeds after 5 points

First Player to 10 points wins

Book: The Art of Pickleball by Gale & Travis Leach (\$18 at Amazon)