

10 TOP TIPS TO IMPROVE YOUR VOLLEY!



Being a skilful volleyer is such a weapon to possess in the game of squash. The ability to volley well and consistently can give you a lot of confidence around the court as you will crave to volley more often when your skill levels can cope with the shot. Volleying tends to take a lot of time away from your opponent and give you a commanding position on the court and allow you to be tactically more in control than your opponent.

These 10 tips should help improve your volley skills both technically and tactically giving you a massive edge over your opponent when executed well in a match.

1. Get into the right frame of mind

You want to be alert and hunting the volley by expecting it off the back of any good shot you hit, being in the right frame of mind to volley is your first (and arguably most important) skill to possess.

Being passive and waiting for the volley to just arrive will rush you and you will likely miss a lot of opportunities to capitalise.



2. Prepare early

You have less time on the volley so early and alert racket preparation is essential.

Because you have less time on the volley consider having a shorter and more compact swing for efficiency, you don't need to necessarily build a lot of power when you don't have a lot of time.

3. Be light on your feet and move quick

It is no good getting the racket ready but the nimble and quick footwork lets you down.

Work hard to keep light and quick and ideally get into a position as early as possible to give you time and options.



4. Set up a strong base

It is essential you have a strong base when volleying.

Having your feet comfortably spread and a slight bend in your knees is encouraged. Being off balance will get you in all sorts of problems on the volley as it is a shot that when executed badly can give away so many points

5. Track the ball during its flight

When the ball is in flight look to track the ball with your eyes and alert body language.

On the forehand you can use your non-playing hand to point at the ball while the playing hand is up and ready.

On the backhand you can cross your arms by getting your racket behind your opposite shoulder as early as possible and the non-playing hand coming forwards.





6. Rotate the shoulders on the backhand

On the backhand side it is much harder to generate power so you are encouraged to get a better rotation prior to meeting the ball.

Without a good rotation on the backhand it will feel like you are just pushing and poking at the ball with no purpose.

7. On the forehand you can afford to be a little more open

It is a little easier on the forehand side to be slightly more open in the hips and shoulders and to play off the right leg for right handers.

This will also allow you to go and get the ball slightly earlier as you do not need as much rotation on the forehand to generate power as you do on the backhand.



8. Go and meet the ball, don't let it come to you

It is wise to be able to go and meet the ball with your racket head rather than waiting too long and allowing the ball to crowd you and ultimately send the ball off in inconsistent directions.

9. Pay attention to the follow through

Be sure to have a very deliberate and well commanded follow through on your volley. Extend a little past the ball and towards the target area on the front wall where you want the volley to hit and the direction you want it to go.



10. Link your shot to your movement back to the T

When all the above has been executed you should be able to use the good base, meeting the ball and the deliberate follow through to link your movement back to the T.

Tactically this can really give you such a dominant position to play a follow up volley or attacking shot and link the next shot together.

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