

QUICK FIX » KEEP YOUR VOLLEYS OUT OF THE NET

Proper footwork and technique will turn your volleys into putaways.

BY HAROLD SOLOMON

PROBLEM

» When you have an open court and an attackable ball, you dump your volley into the net. There are three reasons why this might be happening: You're not using correct footwork, which causes you to lose balance and pitch your upper body forward; you're swinging downward; or you're trying to do too much with the shot.



SOLUTION

» You need to keep moving through your volley without stopping. After you split-step, move toward the ball with the foot that's closest to it. Plant this foot so it's lined up behind the eventual contact point. Finish the volley by moving your other foot toward your intended target. Don't stop before you make contact—that will bring the racquet face down. Keep your wrist firm and finish with the racquet head slightly open and pointed toward your target. If you've worked your opponent out of position, play it safe with an angled volley into the open court.



Harold Solomon, a former Top 10 player, owns the Harold Solomon Tennis Institute in Fort Lauderdale, Fla.