

Clinic - 2.5 & 3.0 Rated Players

ALL NEW 1-hour DRILL CLINIC

CLINIC – Identifying the Skills Needed to Advance to 3.0 or 3.5

What Skills do I need to perform to Advance to a 3.0 or 3.5 Rating or higher?

In this clinic, we will identify the consistency and accuracy of all shots.

Evaluating your performance on a Moderate Level of Shot Control. **Serves** – must be IN, consistently and deep. **The return of Serves** must also be deep. **Dinking** with patience and identifying the attackable balls; put aways and sustaining medium-length rallies. Controlling the height and depth of the dink is critical. The **third shot drops and drives** from the baseline, must be performed well, to allow you to gain admittance to the NET.

How well do you perform various **volley shots at the NVZ** and how well do you block and return medium paced volleys? How quickly do you move to the NVZ and **control the NVZ?**

Additionally, you must be **Aware of your partner's position** – move as a team; Understand and demonstrate the **hard game vs the soft game** and know when to use it. You should have a basic knowledge of **Stacking**. Medium rallies must be sustained during game play. **Mobility and quickness along with hand-eye coordination** will be evaluated.

If you are a 3.5 player currently and want to learn more about moving to the 4.0 level, then sign up for the Clinic – Identifying the Skills Needed to Advance to 4.0.

Game play evaluations will be conducted so the clinic must be full!