

Playing the "MOONBALLER"

- Ball #1: Your #8
- Ball #2: Your #11
- Ball #3: Your #8
- Ball #4: Your #4
- Ball #5: Your #6
- Ball #6: Your #10

Notes: Balls should alternate from moderate to fairly heavy topspin with an arc of 6-8 feet over the net. But not so much topspin that it is unrealistic. Start at intermediate speed.

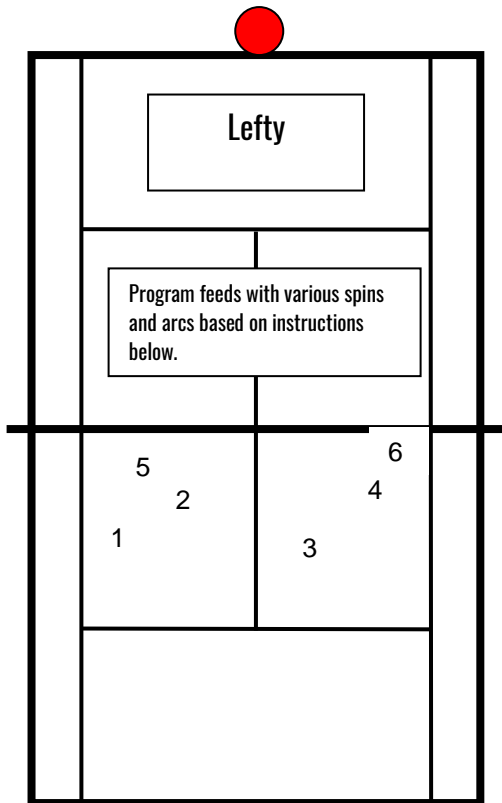
Description: Moonballers can be a nightmare to play against. Think of it like slow pitch softball. The high arcing pitch looks like it should be easy to hit, but it's not! To play the moonballer, you need patience or a combination of patience and a good midcourt swinging volley to move forwards and finish the points. Try practicing both!
Also, don't be afraid to move back and let the high bouncing ball drop to a more comfortable height.

Playing the "SLICER"

- Ball #1: Your #3
- Ball #2: Your #8
- Ball #3: Your #4
- Ball #4: Your #11
- Ball #5: Your #14
- Ball #6: Your #18

Notes: Balls should all be fed with backspin or underspin. Balls will arc only 1-2 feet over the net. Start at an intermediate speed.

Description: Some of the most effective club level players are called "hackers" by their friends. Others call them "slicers and dicers!" Typically these players can slice or chop their groundstrokes, keeping the ball low and hard to return. To play a "slicer" remember to bend your knees a little lower than normal, minimize unforced errors, and be ready for a long match! These players are usually very steady and will move you all around the court.



NOTES: Numbers on each court diagram represent where the ball feed bounces in sequence. Descriptions of each ball's arc, spin and relative speed is described under each diagram. Ball machine in the middle on the baseline, 6 balls per pattern, etc. The option to pause or continue the drill after each 6-ball pattern keeps the drill realistic to simulate real match play.

Playing the "LEFTY"

Ball #1: Your #6 5 feet over net with a moderate topspin

Ball #2: Your #11 3-4 feet over net with moderate topspin

Ball #3: Your #3 4-5 feet over net with moderate backspin

Ball #4: Your #8 3-4 feet over net with moderate backspin

Ball #5: Your #11 3-4 feet over net with moderate topspin.

Ball #6: Your #13 3-4 feet over net with moderate backspin

Description: Most players are right-handed, which can make playing a lefty a relatively uncomfortable experience. Just don't be the player who doesn't even realize they just played a lefty until the match is over! It's important to know that most left-handers have strong forehands groundstrokes and strong backhand volleys. But, they often have weaker slice backhand groundstrokes and have trouble with low forehand volleys. The feeds from the machine in this sequence are designed to simulate what a lefty might throw at you!