

## **THE DROP SHOT**

What is this DROP SHOT I've been hearing some players talk about?

A drop shot is a soft shot hit off a bounce from deep in the court, intended to land in the opponents' kitchen, preferably close to the net. It allows the hitting team to follow the shot to the kitchen line. It is the primary 3<sup>rd</sup> shot, giving the serving team the opportunity to approach the net after the return of serve, but can also be effective anytime the opponents are at the net.

A good drop shot is the first step to moving your game to the next level. Even if you like to drive the ball on your third shot, you'll find more success when you're prepared with a fifth shot drop (or seventh or ninth).

The drop shot is one of the more difficult shots to master, but here are three ways you can practice developing it:

1. Good: With a bucket of balls, hit as many as you can into the kitchen from the baseline.
2. Better: Have your partner feed balls to you and you drop them into kitchen
3. Best: Play the accordion. Start at Kitchen line, drop the ball into the kitchen; take 2 steps back, your partner feeds the ball to you. Repeat .  
Once you get to the baseline, work your way back up to the Kitchen.

***Take-away Tidbit: A little progress each day adds up to big results!***