

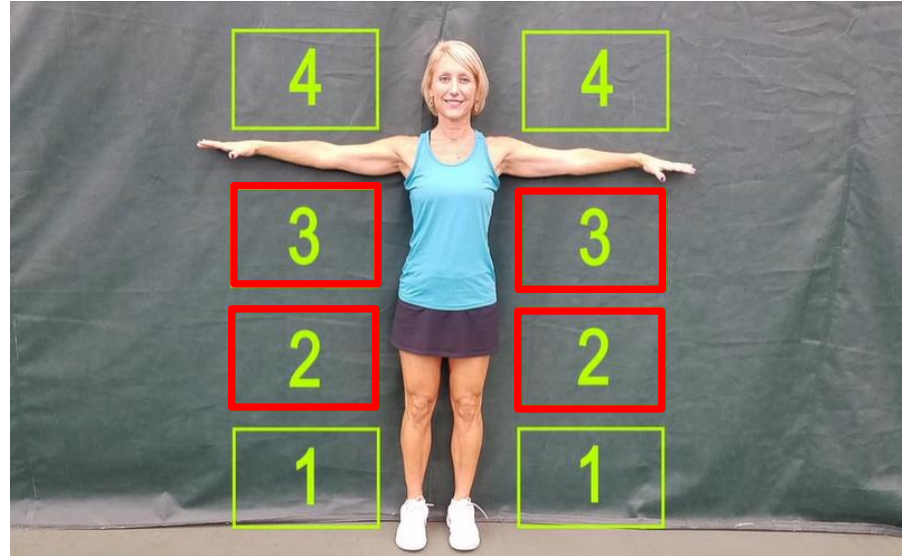


DEPTH CODING: This drill is great for helping you discover how much depth you hit with from the baseline.

The court is divided into four **depths zones** as shown in the image above. The drill is simple, players rally back and forth and each time the ball lands on their side of the court, they yell out what zone the ball landed in.

Often players predict that most of their shots will land in zones 3 & 4, but usually after doing this drill, they discover that their shots land shorter than they thought.

The most common depth zone for the ball to land in is zone 3. This could be a problem because most player like receiving balls that land in Zone 3. You may inadvertently be allowing your opponent to play well by being their “ball machine”



STRIKE ZONE CODING: This drill is great for helping you discover what strike zone you're allowing your opponent to hit from.

The four strike zones are shown in the image above. In this drill, players rally back and forth and each time they hit the ball, they say out loud what strike zone they are hitting in.

Almost always, this drill reveals that the most common strike zone is zone 3.

This could be a problem because most players prefer receiving balls in strike zone 3. Again, you may inadvertently be allowing your opponent to play well by being their "human ball machine"

Strike zones 2 & 3 are **danger** zones because these are most comfortable for our opponents. As you improve at this drill, you should try to develop the ability to force your opponent to hit more often in strike zones 1 & 4 which will make it more difficult for them.