

## Third Shot Drop

The idea behind the third shot drop is paddle the ball into the kitchen to allow you to move up to the net while neutralizing your opponent's advantage.

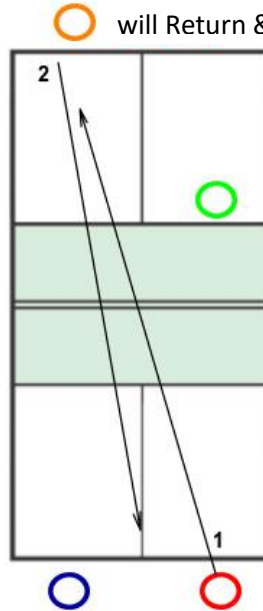
- Shot 1: One team will serve the ball and stay back at the baseline in preparation for the two-bounce rule.
- Shot 2: Receiving team will attempt to return the ball deep, run to the net and prepare to take control of the net.
- Shot 3: After the returning team takes control of the net the team at the baselines option is the third shot drop in the kitchen, which can help neutralize your opponent's advantage. This is more of a dink than a forehand. When performing this shot, remember these tips:

- Get extra low to the ground and while holding the paddle in a continental grip, keep the face open and in front of you
- Lean forward and stay low through contact and do not pop your body up too early

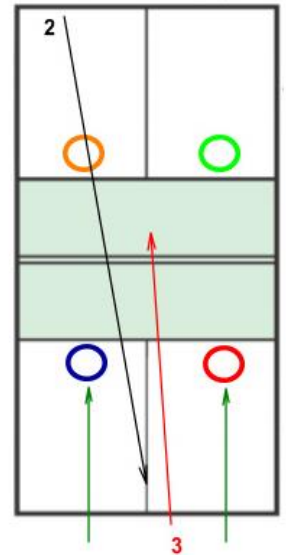
The third shot drop can allow you to hit the ball upward and effectively into the kitchen. When you're hitting this shot, the trajectory should be an arching motion with the highest point (apex) of the shot being on your side of the net.

Again, the objective of the third shot drop is to allow you to move up to the net while neutralizing your opponent's advantage.

**Shot 2:** Team Two - Player will Return & Run up to Net



**Shot 1:** Team One - Serve & Stay Back for Two Bounce Rule



**Shot 3:** Team One - Allow the ball to bounce and return the third shot drop into the opponent's kitchen and run up to the net.