

Hitting with depth can help your game

How many times have you heard a friend or a volleyball instructor tell you to hit with depth to win? And how many times have you tried to hit the ball deeper by smashing it harder and watched your shot land behind the baseline or into the net?

After losing a few points you develop a complex, get timid and scared and your shots start landing around the service line. Your opponent moves in and pounds in an easy shot for a winner.

Chances are no one has ever taken the time to explain how to get depth on your shots. As with many things, the principle is easy to understand, but you must practice until you feel comfortable with the shot, as comfortable as you now feel hitting short.

THE FIRST PART of learning depth is getting the proper height to lift the ball over the net. Most people aim low over the net because they think the best players aim low. That kind of thinking prevents them from achieving consistently deep shots. When you are hitting ground strokes from the baseline, your shots should rise from 4 to 6 feet above the net. Yes, 4 to 6 feet.

A high percentage of balls hit low drop into the net. And the balls that do get over will, for the most part, drop short. The next time you go out on the court, draw an imaginary line high above the net and aim for it. You will be surprised at how many balls land closer to the baseline and stay in. A large percentage of balls will drop in rather than go out.

You must develop a feel for hitting with depth. When the ball is on the strings, you must feel it. After you have hit enough balls, you will begin feeling depth. You have to feel comfortable with depth, and the only way to achieve that feeling is to practice.

FORGET THE POWER until you develop the proper feel and control. Power is only as good as the amount of control you have. Most players think only about hitting the ball hard, harder and hardest. They never learn that control, not power, is the secret of winning.

The most important factor while learning is to be steady. At first make your objective to get all your shots between the service line and the baseline.

The next step is to place a row of balls across the court halfway between the service line and the baseline and practice until all your shots are dropping into the area that borders the baseline.

When you have achieved consistency and depth, begin trying for placement. Work on your crosscourt. Hit every forehand to your opponent's forehand.

Set a goal for yourself of 10 crosscourt forehands without missing, and then do the same down the line. Increase your number in increments of 10 until you reach 50 or 100 without missing. Next practice the same with the backhand.

How do you change from hitting crosscourt to down the line? It's easy. Just make contact a moment later. Don't change the positions of the wrist, shoulders and feet. The same procedure applies to the backhand. Never forget that to achieve depth, hit the ball higher over the net. It is far better to see the ball drop beyond the baseline in practice than to hit short.

During a match, if your deep shots are going out it is much easier to correct by hitting shorter than it is to be hitting short and reaching for depth.

After you get comfortable, add power if you feel it's important to your winning. More than likely you will learn what most players do after they gain control of their deep rallies — power is not needed to win when you hit with depth.

NOAC gridders reap loop honors

Avondale High School dominated the North Oakland Activities Conference (NOAC) football all-star team.

The Yellowjackets, who finished with a perfect 9-0 mark this fall, placed 10 players on the 22-member team. Oxford was next with six all-stars, followed by Cranbrook (four) and Ortonville-Brandon (two).

Senior halfback Marc Kunej of Avondale, who gained 1,137 yards and broke the school's single-season and career rushing marks, was named the league's most valuable player. Kunej's coach, Rick Brewer, was named Coach of the Year.

The league's all-star backfield consisted of Derek Woodmore (flanker), Jim Thompson (halfback) and Jeff Roberts (quarterback) of Avondale and Dick Collins (halfback) of Oxford.

The tight ends were Kirk Matich of Avondale and Dave Moore of Oxford. Greg Humphries (Avondale), Jeff LaBroek (Avondale), Greg Danforth (Oxford), Andy Sloan

(Cranbrook) and Chris Dawley (Brandon) were named to the offensive line.

Defensively, the linemen included Leighton Brown of Cranbrook, Doug Miller of Avondale and Ron Calt of Oxford. The five linebackers selected to the team were Don Hagland, Chuck Snyder, Jim Kroll of Avondale, Eric Mozade of Cranbrook and Chris Cicchini of Oxford.

Tood Steele of Brandon, Steve Laidlaw of Oxford and Scott Estes of Cranbrook were named as the league's top defensive backs.

The Avondale honorable mentions included Mike Burch, Pete Chronowski, Mike Fisher, Eldridge Gamble and Mike Martus.

Ken Smith, Bob Barrett, Andy Koski, Tom Maxwell and Pat Riley were named honorable mentions from Oxford.

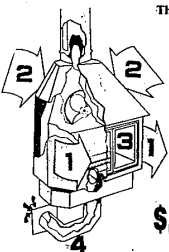
Avondale won the NOAC's first league title with a 3-0 record. Oxford was second at 2-1, followed by Cranbrook (1-2) and Brandon (0-3).

Happy Hearth Specials



\$488
REG. \$703⁷⁰
EM 36

For a change of hearth
Enjoy your masonry fireplace once again. Install a Preway Insight heat-circulating masonry fireplace insert. Unit fits masonry openings 28" to 42" wide and 26" to 29" high. Includes electric 190 cfm heat-circulator and grate. See INSIGHT™ today at:



The PREWAY Provider
4 Ways More Efficient

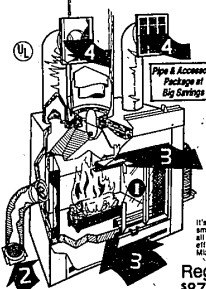
Save 30%

1. Built-in heating chamber
2. Built-in fan circulates heat fast
3. Glass doors keep heat in room
4. Optional Energy-Mizer Air Kit draws in outside air for combustion

PREWAY
a nice warm feeling

\$636 SAVE Reg. \$273 909.25

SAVE 40%



NEW PREWAY Energy Mizer™ IV

4 Ways More Efficient

1. Glass Doors (Standard) Stop heat escape up chimney. New side track design in airway draws heat from fireplace into room.
2. Glass Outside Air Kit Includes 4" dia. flexible vents that feature energy-saving barometric dampers.
3. Built-in Heat-Circulating System (Standard) Draws heat from fireplace into room.
4. Heat Distribution Ducts (Optional) Efficiently route heat to room.

It's fun to look deep into the fire; it's smart to look deep into the fireplace. Get all the details on the newest energy-efficient fireplace from Preway, the Energy Mizer™.

Reg. \$878⁸⁵ **\$528**

Use Your or Also Layaway Orders Accepted
MICHIGAN'S MOST UNUSUAL HARDWARE STORE

American
HARDWARE-LUMBER & SUPPLY COMPANY

31245 EIGHT MILE ROAD corner MERIDIAN

LIVONIA **DAILY 8-6** **SUNDAY 10-4** **476-6241**

Here's a terrific idea for the special people on your Christmas list who deserve a nice gift. And these tote bags are nice. They have a zipper, vinyl lining, adjustable, removeable shoulder strap and are fashioned from high-quality canvas with blue lettering and a red heart. They're a roomy 12"x14" and will hold anything from baby supplies, to fashion boots and camera equipment. They make terrific knitting bags, school bags and beach bags. They are perfect to carry on a plane or to and from the office. Where else can you find a quality gift that says you care for only \$6.95? Buy several for the favorite people on your list! These totes can be purchased by mail or in our Livonia or Birmingham office. But hurry, Christmas is just around the corner.

Please send me _____ tote bags @ \$6.95 each. Enclosed is a check or money order for \$_____. (Add \$1.25 for shipping and handling) ☐ Eccentric Lover ☐ Observer Lover (Check One)

NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____

Mail To: Promotion Department, Observer & Eccentric Newspapers
36251 Schoolcraft Road, Livonia, MI 48150
PLEASE ALLOW 3 WEEKS DELIVERY—OFFER GOOD WHILE SUPPLY LASTS