

Coaching Tips - Serve and Serve Return

Serve

Hint: "Serve and stay" - behind baseline...allow for returned ball to bounce and makes it easier to take the 3rd shot from a deep return.

Goal is to serve deep into opponent's court and if deemed one of their weaknesses, serve to the opponent's backhand. Practice serving to opponent's forehand, backhand, deep into the court.

May also practice high loopy serves which makes it more difficult for opponent to return with a hard drive. This can also throw off their timing.

Serve Return

Hint: "Return and go" - after return of serve, player's objective is to get to the net as quickly as possible to form a wall with their partner (those at net have the advantage). This gives less open court for the serving team to place their 3rd shot.

If opponents serve very deep into court, player may have to take the ball on a short hop. Get low and take the ball "ba-boom" - try to get body weight going forward to help you get quickly to the net.

May try a loop return off a serve as this gives you more time to get to the net and makes the 3rd shot more difficult for the serving team.