

Coaching Tips – Lob return of serve

Goal: A lob return of serve allows you time to get to the NVZ with your partner as this is the advantageous position.

A lob return should be high and deep to serving team's back court. The paddle face is fairly open and your follow through should come up and across your shoulder.

Drill

- One partner serves and the other partner practices lobbing the return.
- If returner makes it to the NVZ before server makes the third shot, then it was a good lob return.
- Practice this drill cross court and straight on.
- Switch roles.