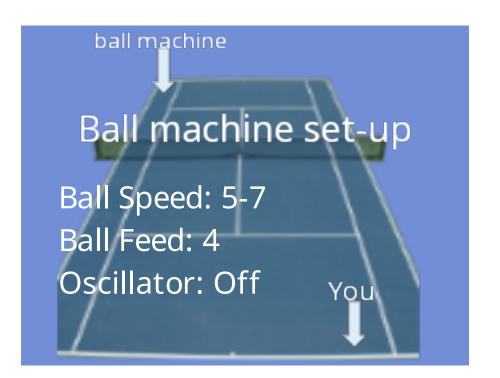
Skill: Returning the serve Difficulty: medium Rent a tennis ball machine!



Intention

Develop a routine to **return strong serves** - to gain an
advantage in return games.

Improve accuracy for fast down-the-line shots.

Move toward the ball and play
a) cross-court the more
central, inwards the serve lands
b) down-the-line the further
out, towards side lines the
serve lands

Drill

Level 1: Forehand return

Ball machine creates a service situation - return a forehand shot

Level 2: Backhand return
Return outer balls with
forehand, and inner, central
balls with backhand

Level 3: Targeting
Return serves with
different depth - sliced
return, dropshot, lose hands