

Skill: Returning the serve

Difficulty: medium



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

ball machine

Ball machine set-up

Ball Speed: 5-7

Ball Feed: 4

Oscillator: Off

You

