



LESSON FOUR HANDOUT: RETURN OF SERVE & TROUBLE SHOTS

Tennis Movement

- Be prepared to move: knees slightly bent, weight on the balls of the feet.
- Expect that the next shot will make you run.

Return of Serve

- The position of the receiver should be in the center of possible serves, which is the center of the angle made from the server's position to the outer edges of the service box the serve must enter.
- The depth of position of the receiver is determined by the velocity of the serve. The receiver needs to be in front of the spot where the ball would bounce a second time.
- Adjust backswing to the pace of the ball. For hard serves, use a short backswing similar to a volley; for softer serves, lengthen the backswing.

Handling Trouble Shots

Short Balls

Be prepared to start quickly. Because the shot will be made closer to the net, and because you may need to hit on the move, control is key. Use a short, smooth stroke.

Wide Balls

Try to start quickly, get to the right spot, stop, and set up. If you do this, the wide ball is no more difficult than a ball hit right to you. Difficult shots that make you run and stretch should be returned with a simple stroke. The goal in returning the wide ball is to hit the ball high back over the net to the middle of the court, and to leave yourself plenty of margin for error.

High Balls and Balls Hit Over the Head

Be prepared to back up and wait for these balls to come down. Try to hit these balls in the comfort zone—around waist height.

Practice Suggestions

- Rally with a partner, starting each rally with a serve. Notice how many balls are hit high, wide, short, or over the head.
- Practice serve independently. Hit against a wall or backboard.