



LESSON FIVE HANDOUT: COURT POSITIONING & SHOT SELECTION

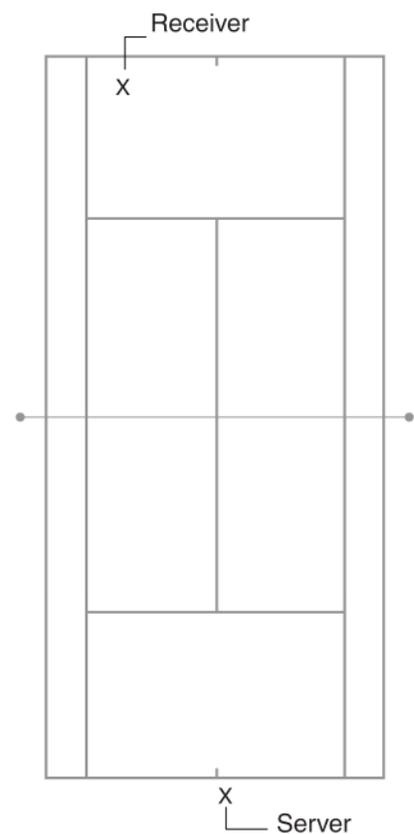
Review of Skills Needed for Match Play

Players must be able to:

- Serve with sufficient consistency to start points
- Return serves with consistency
- Cover the court—right and left, up and back
- Play a sequence of shots (e.g., serve, ground stroke, volley)
- Maintain correct court positioning
- Choose shot for each play that's appropriate to the position of all players and the ball

Singles Starting Positions

To start singles play, the server and receiver stand on opposite sides of the net. The server stands behind the baseline close to the center mark. The server stands alternately behind the right and left halves of the court, beginning from the right in every game. The receiver stands diagonally opposite the server near the baseline on the opposite side of the net.

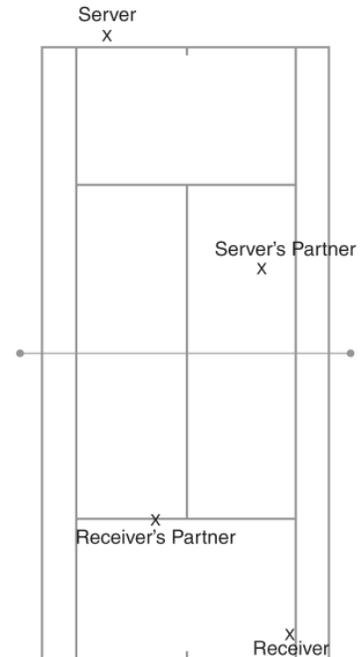


Singles Starting Positions

Doubles Starting Positions

In doubles play, a team of two players plays on each side of the net. The starting positions for each of the four players are as follows:

- The **Server** stands at the baseline between the center mark and the doubles sidelines.
- The **Receiver** stands at the baseline. As the server moves further toward the sideline, the receiver should move in the opposite direction toward his or her sideline.
- In standard formation, the **Server's Partner** assumes a net position.
- The **Receiver's Partner** stands on or slightly behind the service line about three feet from the center service line.

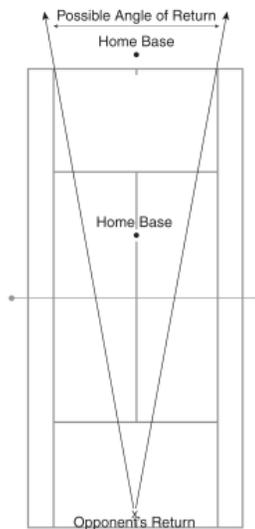


Doubles Starting Positions

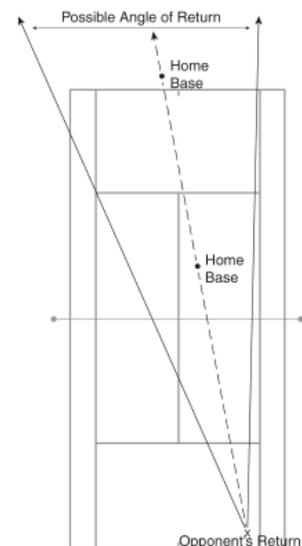
Single Home Base Positions (Magnet Theory)

In singles play, there are two home bases—one at the baseline and one at the net. The home base concept is a method of determining where the player should go after hitting a shot.

The home base positions are determined by bisecting the possible angle of return from the opponent. Generally the net player's home base moves to the side of the court where the ball lands, and the baseline player's home base moves to the opposite side of the court. See illustrations on previous page for examples of how the home bases change depending on the spot from which the return is hit. According to the magnet theory, players are drawn to the nearest magnet (i.e., home base) after each shot.



**Singles Home Base Positions
When Ball Is Hit from the Middle of the Court**

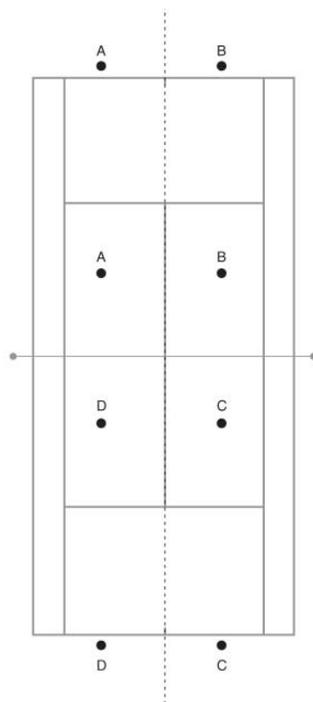


**Singles Home Base Positions
When Ball Is Hit from the Side of the Court**

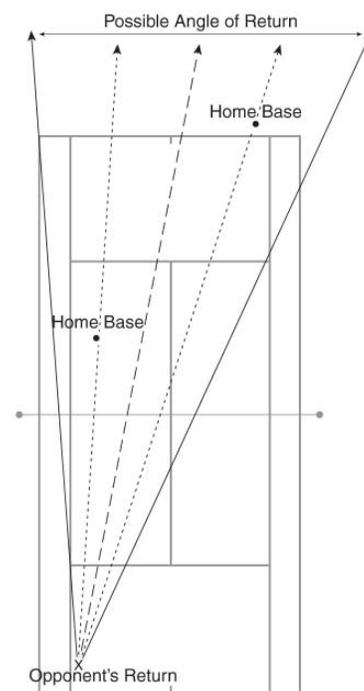
Doubles Home Base Positions

Home base positions are just as important in doubles as they are in singles. In doubles, there are four home base positions on each side of the net—two at the baseline and two at the net. See below for illustration of doubles home base positions at the beginning of play. The letters A, B, C, and D each represent the home bases for one player.

Unlike in singles, where one player covers one entire side of the court, in doubles each player covers only half of one side of the court. Therefore, if you bisect the possible angle of return from the opponent, the home base positions will fall within the angle formed on either side of this bisection (see illustration below). As in singles, you will see that the net player's home base moves to the side of the court where the ball lands and the baseline player's home base moves to the opposite side of the court.



**Doubles Home Base Positions
at Beginning of Play**



**Doubles Home Base Positions
When Ball Is Hit from the Side of the Court**

Practice Suggestions

- Play a set of doubles (concentrate on your court position and shot selection).
- Practice serves and returns. Hit against a wall or backboard.