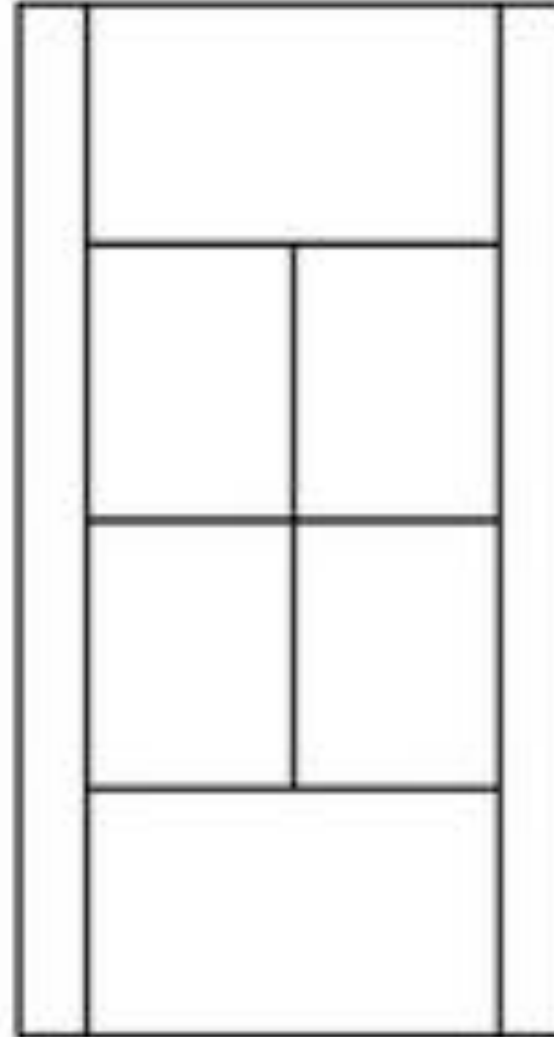


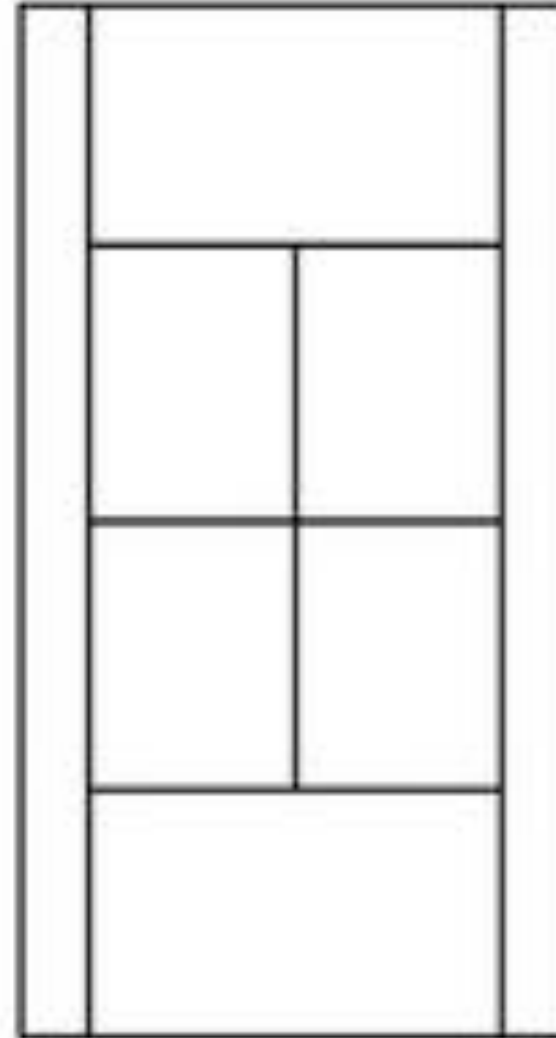
# Return Cross-Court with increased Top Spin & Low

- Increase topspin by faster racket head speed
- Get the opponent to volley lower than the net, so they have to hit upwards
- 2-part plan



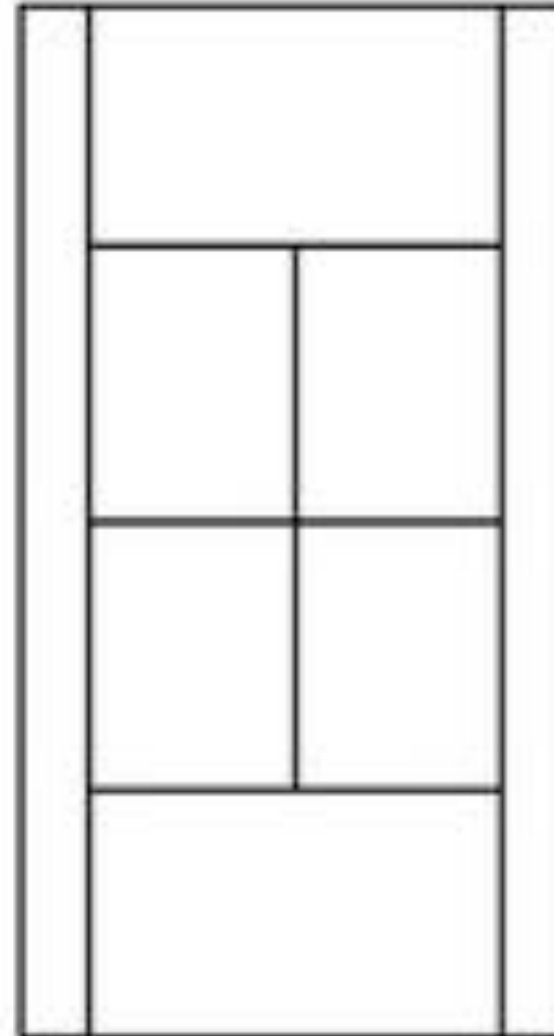
# Take the return on the Rise

- Ideal return footwork is needed
- Start your swing out in front
- Takes away angles
- Best defense, can sometimes be offence



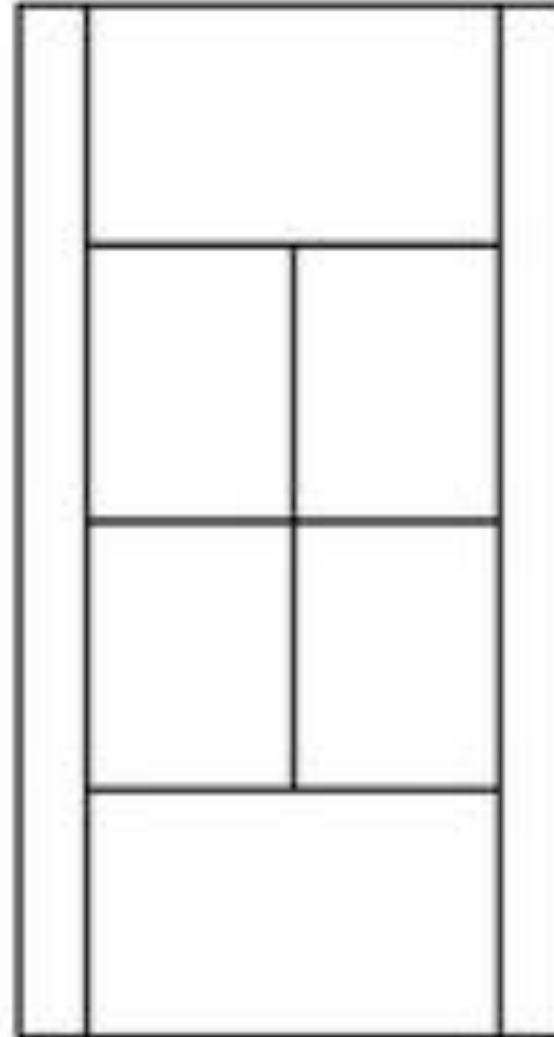
# Fake Out Return Position

- Wait for your opponent to get to the point of 'no return'
- Blind Spot
- Move in a way to get them to serve to strength



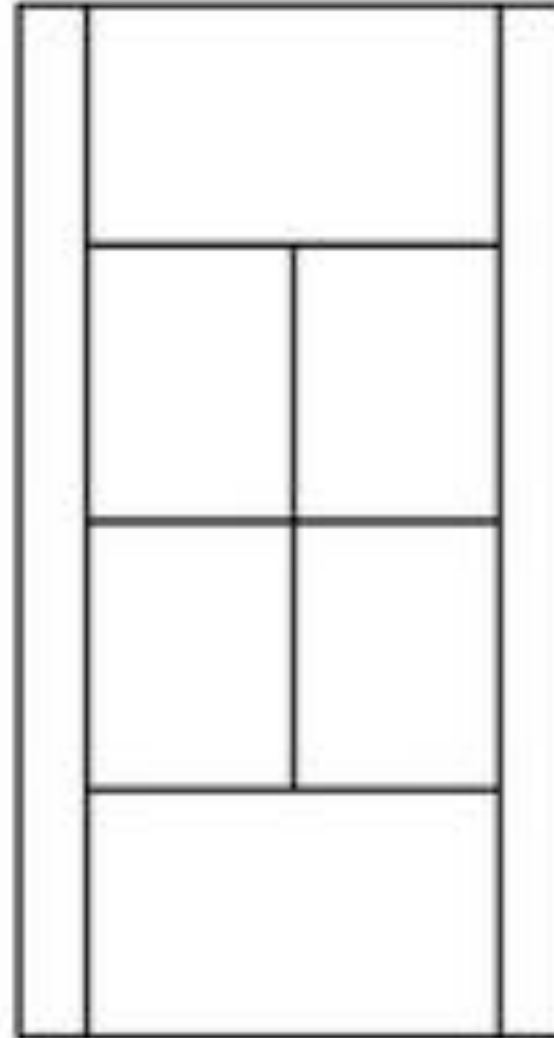
# Lob the Return

- Start further back
- Make them really commit to get their heels Infront of the service line
- Always go to the backhand side



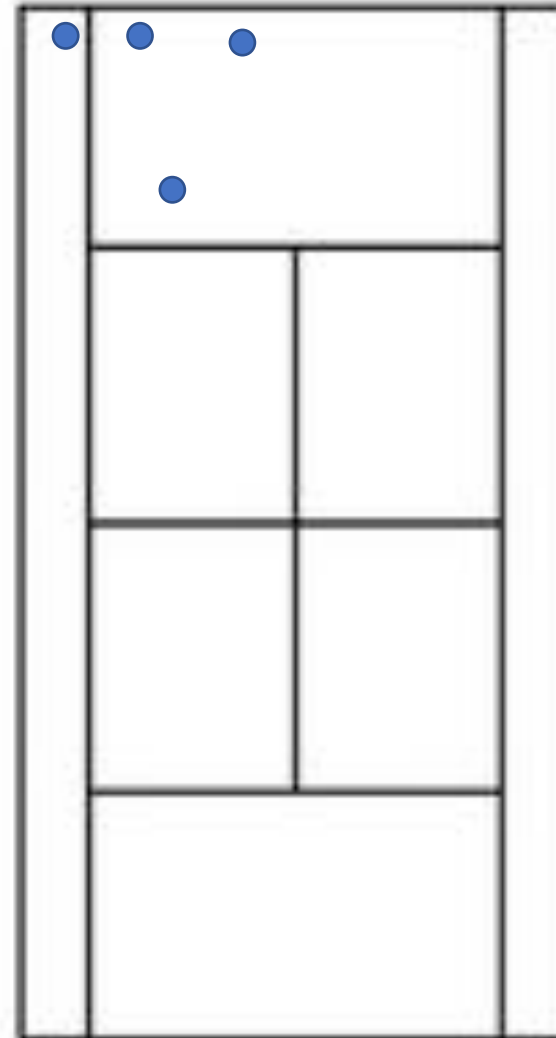
## Slice the return low, below the net

- Hit a 'no-pacer' to the feet
- Get the ball to drop early
- Aim for their toes
- Don't change the grip to early and show them



# Mix Up your Returning Position

- Start in all areas of the court
- Inside outside
- Check diagram
- Keeps them guessing
- Breaks the rhythm



# Come in behind the second serve

- Take the return early and come in
- Aim cross court to avoid late contacts

