

How To... Return Against A Serve-Volleyer

Returning serve against the net-rusher can be a nerve-wracking experience! A return that goes high over the net will be quickly put away. The priority is that the return is low over the net, forcing the server to `volley up`. This limits the amount of power he can use and the angles he can hit to.

Avoid the idea that you must win the point with the return. It takes the pressure off your return of serve if you use it to “set up” for winning the rally with your second shot.

The return against the net rusher does not have to be hit at maximum pace. Once the return is dipping to the server-volleyers feet, it should prevent an attacking first volley. Use heavy “whipped” topspin or a soft slice – “chipped” shot. Some volleyers find it difficult to hit an effective shot off a ball with little pace on it, but will volley well if the incoming shot is fast.

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