

## HOW TO...RETURN AGAINST A SERVE-VOLLEYER by Peter Farrell

Playing Standard: ITN 2 to 6  
Long Term Player Development Pathway: Phase 4

***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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For individual advice on this or any aspect of tennis, please contact your local Tennis Coach Ireland coach –  
see [www.tenniscoachireland.ie](http://www.tenniscoachireland.ie)

For more information on the ITN:  
[http://www.tennisireland.ie/player\\_database/what\\_is\\_the\\_itn](http://www.tennisireland.ie/player_database/what_is_the_itn)

For more information on the Long Term Player Development Pathway:  
[http://www.tennisireland.ie/coaches/player\\_development\\_pathway](http://www.tennisireland.ie/coaches/player_development_pathway)