

HOW TO...SERVE & VOLLEY by Peter Farrell

Playing Standard: ITN 1 to 5
Long Term Player Development Pathway: Phase 4

DECISION TIME....

The decision to serve and volley is one that has to be made before the serve is hit. Make this decision during your `service ritual` - those few seconds between the time you step up to the baseline and the time you start your service action.

THINK POSITIVELY...

Assume your serve will go in, and start to move towards the net as soon as possible. If you wait to see if your serve was in before you start running to the net, you will be too late.

GET READY...

As the receiver is about to make contact with the return, you need to `split step`. This means that you will stop moving forward, and be in a balanced ready position, poised to react to the return no matter where it is going.

FIRST VOLLEY-AND BEYOND...

Where you are when you split step depends on a number of factors, but as a rule it is generally around the service line area. Not the ideal place to volley from, because you will often have to play a low volley. Focus on hitting the low volley with good depth, then immediately move forward to a stronger volleying position nearer the net.

Now you are in an ideal position to dominate the point and put maximum pressure on your opponent!

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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

For more information on 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