



When Serving...

High First Serve Percentage but with good pace / placement if possible. This will help you and your partner control the points more easily.

Communicate the direction of your serve with your partner through verbal communication or hand signals. If you know where your partner is serving to it gives you an idea of where you can move to next. You can also motivate each other and plan for the next point.

Often the neutral formation can work best but it is good to mix it up with different formations and serve and volley.

When Returning...

Majority of returns should be crosscourt, ideally a short angled return

Easier to hit down the line from inside baseline or if there is a big gap

Test out net players' volleys and smashes. If hitting to the net player, try to keep it low or hit a lob over their head. Often a point ends with the net player finishing the point with an easy high volley.

In a Rally situation...

Hit most shots crosscourt as the net is lower in the middle, the court is longer crosscourt and often easier to keep away from the net player.

Be patient, try to wait for a shorter ball to attack

Try not to leave big gaps! Move together; If your partner is forced to move far right, you should also move right to cover the gap.

Keep the ball low to net player / lob

Hitting down the middle can be good as there is often gaps and players are sometimes undecided on who takes the shot

Test out your opponent's volleys/smashes

When up at the net...

Be active with your feet

Try to poach; (Crossing over to your partner's side of the court to intercept a crosscourt shot).

If lobbed, call 'Mine' if you think you can smash it, 'Yours' if you don't. Your partner then runs to get the ball and calls 'Switch' so you don't end up on the same half of the court.

Follow the path of the ball to cover gaps

Enjoy the game!