

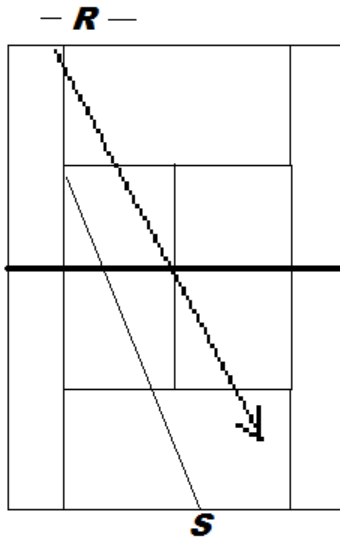
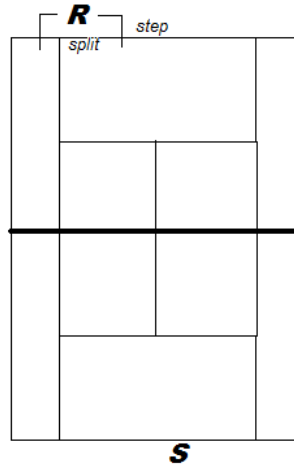


TRAINING THEME

RETURN OF SERVE

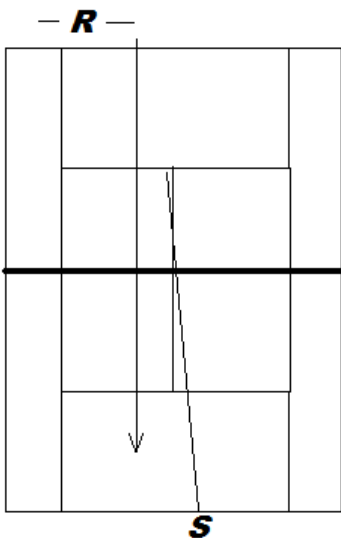
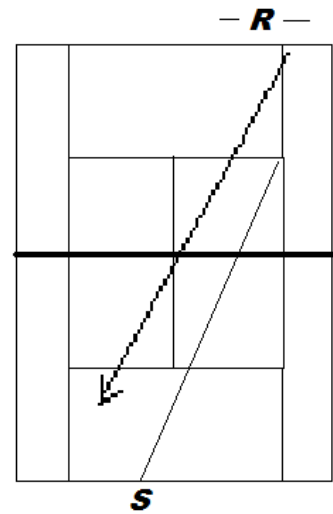
BEST RETURN OF SERVE

- Focus on the ball
- Step on Toss
- Split on Contact



CHOOSING THE BEST RETURN

Wide serves —> crosscourt



CHOOSING THE BEST RETURN

Down the T —> Up the line

