

# Doubles Positioning

## Positioning Rules:

- Player A must serve from the same side for the entire set.
- Player B must serve from this same side for the entire set.
- The players may change this between sets.
- Player A must receive serve from the same side (Deuce/Ad) for the entire set.
- Player B must receive serve from the same side (Deuce/Ad) for the entire set.
- The players may change this between sets.
- Otherwise – players may stand/start where they want.

## Server Responsibilities

Questions	Answers
<b>Where should you aim your serve?</b>	Anywhere that sets up your net partner. This includes wide servers, T serves, and body serves.
<b>Which is more important?</b> <ul style="list-style-type: none"> <li>▪ A hard serve that goes in 40% of the time but earns 1 service error/ace per game</li> <li>▪ A serve that goes in 80% of the time and sets up your net partner</li> </ul>	The first serve percent must be high and attack the weakness of the receiver. Your goal is to setup your partner at the net. This can be accomplished by aiming to the backhand, forehand, body OR by using a spin that your opponent struggles to hit. Be effective, not impressive!
<b>During the point – where should you stand?</b>	<p>First – you want to be where you are most effective on the court. If you prefer the net, you should be attempting to get to the net. If your team is most successful in traditional 1up 1back, then stay back.</p> <p>When back:</p> <ul style="list-style-type: none"> <li>▪ Cover the cross-court! Make a line between you, the center strap, and the baseline opponent.</li> <li>▪ Your goal is NOT to win the point but to set up your net partner while keeping it away from the opponent's net player. Hit high percentage shots and stay away from low percentage shots.</li> <li>▪ High percent shots: crosscourt topspin, crosscourt slice, and all lobs.</li> <li>▪ Low percent shots: trying to hit in the alley when you are not strong/confident. Over swinging.</li> <li>▪ Remember: a net miss is a bad miss.</li> </ul>

# Server's Partner Responsibilities

Questions	Answers
<p><b>Where should you stand?</b></p>	<p>First responsibility: guard the alley. Stand as far from the sideline as you can and still protect the alley. You can play further away on first serves and serves up the T. If the serve is weak or wide, protect the alley.</p> <p>Start playing about 5 feet from the net and adjust according to your opponent's style. If they are effective lobbers, consider playing further back. The closer you are to the net, the sharper angles you can hit. Always close to the net when volleying.</p> <p>If your partner is serving badly and you are getting killed, then start second serves on the base line or have the server hit only first serves.</p> <p>Remember:</p> <ul style="list-style-type: none"> <li>• It is your job to make your partner hold serve.</li> <li>• ALWAYS BE IN READY POSITION!</li> </ul>
<p><b>How should you move during the point?</b></p>	<p>Second responsibility: get involved. You are on offense. Good doubles teams are always in motion, in athletic positions, and off their heels.</p> <p>Move according to your partner's shot and the possible angles the opponent can hit.</p> <ul style="list-style-type: none"> <li>• If the ball is sent wide, take a big step toward the alley.</li> <li>• If the ball is center, take a big step toward the center.</li> <li>• If the ball is on the opposite side, move slightly PAST the center.</li> <li>• If you cannot hit the ball from your position, return one side. If you come to center (straight lob play) and cannot hit the shot, then get to one side so there are no gaps on the court.</li> </ul> <p>If you see your opponent net player set up for a volley, back up to the corner of the service box and split step. This can be done when you know your partner is in a weak position and will likely hit toward the opponent net player.</p> <p>Reasons:</p> <ul style="list-style-type: none"> <li>▪ Avoid getting hit</li> <li>▪ Take away the angle shot – you have a chance to stretch the point.</li> </ul> <p>Return to the net when possible.</p>
<p><b>Where should you aim your volleys?</b></p>	<p>When you are strong (ball is high) you should hit behind the feet of the opponent's net man (strong angle shot to the service line).</p> <p>When you are weak (ball is low or you are off balance) you should hit to the base line.</p>
<p><b>How to get involved.</b></p>	<p>Communicate with your server about how to server and what you plan to do at the net. This should be done between every point. Some to this with signals.</p>

# Returner Responsibilities

Questions	Answers
<p><b>Where should you stand?</b></p>	<p><b>Generally:</b>            First serve: Stand slightly behind base line a couple feet inside the singles side line.            Second serve: Stand in front of the base line a couple feet inside the singles side line.</p> <p><b>How to adjust:</b>            It depends on the type of serve the server uses. Adjust to their common serve so the ball bounces into your comfort zone. This is usually different for each server and for first serve vs. second serve.            If you find you have to run ahead – start ahead.            If you find the ball is bounce high – start back.            If you find the ball is going wide – start wide.</p> <p>These adjustments should be made on the toss of the serve. Move so that the ball bounces where you want and takes away the server’s preferred serve. You can also use this strategy to create more forehand returns.</p>
<p><b>What happens on the toss?</b></p>	<p>Eyes lock onto the ball and remain locked until the ball strikes the strings.</p> <p>Footwork begins: chop feet or split step forward to your preferred return spot for that server.</p>
<p><b>What happens before the ball has crossed the net?</b></p>	<p>As soon as you know if you need to hit a forehand or backhand, you must take the racquet back and turn your feet and body.</p> <p>The backswing is short, quick, and direct (no loop).</p>
<p><b>What is the mental approach on the first serve?</b></p>	<p>On a first serve, take a Defensive Mindset.</p> <p><u>Bad Returns:</u> in the net, slow floaters, other shots the net man puts away.</p> <p><u>OK Returns:</u> blocked ball hit cross-court away from net man, lobs to the center of the back court.</p> <p><u>Good Returns:</u> balls that make the server run wide or forward, balls that bounce close to the base line that the server hits at their feet or are forced to back up, lobs to the back hand side.</p>
<p><b>What is the mental approach on the second serve?</b></p>	<p>On a second serve, take an Offensive Mindset. View second serves as break point opportunities.</p> <p>Consider attacking the alley/net man.</p>

## Returner's Partner Responsibilities

Questions	Answers
<b>Where should you stand?</b>	At the middle of the service line with feet, hips, and shoulders square to the opponent's net man.  If you are choosing to play both back, then start both back before the point begins.
<b>What do you do on the serve?</b>	Call the lines for your partner.
<b>When do you go to the net?</b>	After you know the opponent net player cannot hit the return. You are on defense during the return until the ball passes the opponent net player. Then go to the net and play offense.  ALWAYS BE IN READY POSITION!