

# Recipe for Gourmet Doubles

## Attacking Doubles

### Rules of Doubles

(No Troubles in these Doubles)

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#### Attacking Doubles

##### 1. The Net is the Power Position

A). Majority of points won at net

B.) Middle of net is the power base (most points won by controlling the middle of net)

##### 2. Swarm and Hug the Net

A). Practice on top of the net! Then move back and follow each volley to camp out on top of the net.

B). Never volley to same spot (unless it's high they die)

\*If your first shot is to middle, your next volley is to either angle

\* If you hit to an angle, the next volley is to either the middle or the other angle.

#### Basics of Doubles

1. High Energy (Feet bouncing, running to pick up the balls as a team, positive body language, vocal communication with partner and after points are decided.)
2. Get together with partner after every point. 1.(positive physical response 2. Find your partner & get to your partner 3. Recovery—Walk with partner 4. Rituals
3. 1<sup>st</sup> Serve, Return (Steady & High Percentage) Aces don't win doubles matches, high percentage 1<sup>st</sup> serve do. Throw in 2<sup>nd</sup> serves for 1<sup>st</sup> serves. Compact swings on return. Make your return...no need for winner. Make your opponent beat you. Lots of older players on pro tour who are highly successful, they don't have big games, but they play solid high percentage doubles.
4. Change your formations (Make your opponent think about your position. Change the look... I formation, change spot serve from, receivers change from two back to one up/ one back
5. Close the Net Keep moving forward (take the net first). The closer you get to the net, the higher percentage you have of making the volley and having more angles.

6. **First Volley:** Don't try and win the point on the first volley, use your first volley to position you for the next volley
7. **Play the middle of the court:** You create confusion, you eliminate angles, and you get one opponent out of position to open up the court (Especially when your opponents are at the net you are back, Play the Middle of the Court!
8. **High they Die:** When you get a high ball at the net, attack the player closest to you (at their feet)
9. **Where are your eyes Looking:** Know where your eyes should be at all times. Be connected to the flow of the match. Your opponents will tell you with their first step, etc.. who is hitting what. If you and your partner are both back, be aware if your partner gets a short ball, beat his shot to the net.
10. **Know how/where to shift to:** Move as a team. Follow your ball. This applies to attacking the net on short ball (moving to the net if your partner has a short ball on the baseline).
11. **Be a Distraction to the Returner when your partner is serving:** Make the Returner focus on what you (the net person) is doing. Lot of jiggling/faking/moving.
12. **Use the body serve:** Jamming the returner is the most effective serve in doubles!!! Easier to then move across and poach
13. **Know your partners tendencies:** Be a student of your partners game so well that you can anticipate where he will hit the ball. Have a discussions with your partner about his likes and dislikes. What they like to do in certain situations. You should already know what they are going to do.
14. **Take you opponents early of match:** Focus on breaking early and must hold the first time you serve. Think about returning down the line (isolating) at start of match! Be crossing at the net. Play with intensity especially at start of match.
15. **Success without Celebration is Failure!**
16. **Reflect and Evaluate matches!**