



RETURN of SERVE

Level II Coaches Course





Return - basics

- Q: Which are characteristics of return in the past and now?
- A: Past the same as F, B; now specific technique
- Q: Which are basic technical characteristics of return?
- A: Split step, unit turn, shorter back swing & follow through, stroke in a jump
- Q: Which are specific abilities to perform return?
- A: Perception, reaction & anticipation (time = 0,5–1 s)
- Q: What is the % of return in a match?
- A: 15 – 20%; what about time for practice



Return - biomechanics

- Q: Which are the most important biomechanical principles for perform return?
- A: Dynamic balance, elastic energy, opposite force, momentum
- Q: Why the other principles are not included?
- A: It depends of time; less time – less body segments (co-ordination chain)
- Q: Different types of split step?
- A: Clay court: split step + adjustment step, jump & return; fast courts: split step, jump & return.