



# RETURN OF SERVE

## Long-term technical development

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# Introduction

- Tactical intention and technical execution is related to opponent's serve effectiveness (placement, speed & spin),
- At younger age (9 and 12&under players) return of serve is similar to baseline strokes,
- High importance of receiving skills, anticipation and reaction speed,
- From 13/14 players has to adapt the body mechanics,
- Technical development should start earlier...

# 9&under playing competencies

- When returning player recognise and react accordingly to offensive as well as defensive tactical situations,
- Able to make the shot selection based on visual clues (incoming ball's direction),
- Understand the principle of own positioning,
- Applying technique similar with base line strokes,
- When in favourable situation player is able to hit returns in optimal balance (stance).

# 12&under playing competencies

- Player recognise and react accordingly to offensive situation when returning the 2<sup>nd</sup> serve and defensive situation when returning the 1<sup>st</sup> serve,
- Apply high-percentage patterns,
- Able to make the shot selection based on visual clues (ball's rotation),
- Try to use his better shot,
- By returning 1<sup>st</sup> and 2<sup>nd</sup> serve player apply offensive movement pattern.

*Note: competencies should be demonstrated in official matches.*

# 16&under playing competencies

- Player recognise and react accordingly to defensive situation when returning fast and accurate first serves in order to stay in the point,
- Adjust receiving and if needed to change it according to the opponent, surface & weather conditions,
- Player starts including the 'early cues' in decision making process,
- Player is able to adapt (shorten) the movement according to the serving speed,
- Player is able to apply different spins and trajectories by returning the 1<sup>st</sup> and 2<sup>nd</sup> serve.

# Technical development

Areas of technical development:

1. Fundamentals,
2. Movement,
3. Body mechanics,
4. Stroke efficiency.

Tools to analyse and develop:

1.  $P_{(\text{path})}A_{(\text{angle})}S_{(\text{speed})}$ ,
2. Biomechanical principles (BIOMECH),
3. Match charting.

# Technical development

Return of serve			
<u>Technical element</u>	Players		
	9&under	12&under	16&under
<u>FUNDAMENTALS</u>			
Reaction speed		✓	
PAS & Racket acceleration		✓	✓
Receiving skills (Reading the serve)			✓
<u>MOVEMENT</u>			
Neutral	✓	✓	
Offensive return movement pattern		✓	✓
Defensive movement pattern		✓	✓
<u>BODY MECHANICS</u>			
Leg drive			✓
Trunk movement			✓
<u>STROKE EFFICIENCY</u>			
Adaptability			✓
Variety			✓

Zmajic & Filipcic, 2016.





# Conclusions

- Continuous analysis, tracking and development of playing competencies,
- Coach creates close and open situations with different servers and in relation to different tactical intentions,
- Players has to understand and ‘feel’ optimal receiving patterns (tactical intention, targets, reasonable risk and self-confidence),
- Return of serve is part of every practise!

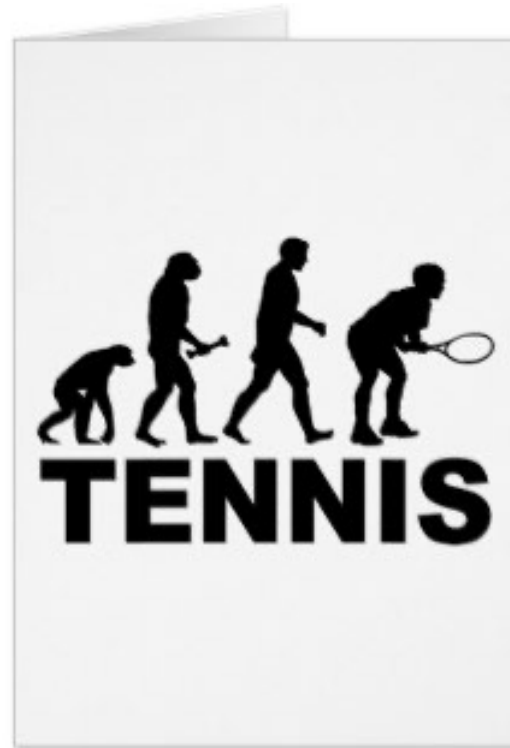




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# Thank you for your attention!



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