

TAKTIKA DVOJIC ZA NAPREDNEJŠE IGRALCE

V tej predstavitvi bomo...

- Razložili pomen dvojic za naprednejše igralce
- Predstavili temeljne igralne (taktične) vzorce pri dvojicah
- Razložili kako te vzorce lahko treniramo z naprednejšimi igralci.

Uvod

Pomen dvojic za naprednejše igralce

- Dvojice so pomemben del teniške igre:
 - Turnirji dvojic lahko predstavljajo možnost za zaslužek
 - Dvojice pogosto igrajo odločilno vlogo v ekipnih tekmovanjih (Davis Cup, Fed Cup, Winter Cup...)
- Lahko zaključimo, da so dvojice lažje, saj na izid tekme vpliva manj dejavnikov?

Kako sestavimo ekipo?

- Bolje je imeti 2 igralca, ki se dopolnjujeta:
 - 1 igralec na osnovni črti in 1 igralec pri mreži
 - 1 dober server in 1 dober reterner
- Nekateri trenerji menijo, da je bolje, če imata igralca enak igralni stil:
 - 2 serverja
 - 2 reternerja
- Specialist za dvojice: Ni prav veliko veščin, ki jih lahko uporabimo pri igri posameznikov.

Kdo je vodja v ekipi?

- Običajno je server tisti, ki vodi igro oz. načrtuje strategijo igre.
- Vsekakor, v vsaki ekipi obstaja en igralec, ki ima boljše vodstvene veščine
- Ni nujno, da je uspešnejši igralec v igri posameznikov tudi vodja ekipe.

Igralni stili pri dvojicah

Igralni stili pri dvojicah:

UVOD

- Težko je dva igralca z različnimi osebnostmi in igralnimi stili kategorizirati v en igralni stil
- Ko opazujemo različne dvojice, ko tekmujejo med seboj, lahko lažje ocenimo kakšne so razlike v igralnih stilih med posameznimi ekipami
- To je lahko koristno za ekipo, saj na ta način natančneje določimo „identiteto“ ekipe in smeri razvoja dvojice.

Igralni stili pri dvojicah

Prestrezniki (ang. poachers)

- Ekipa se veliko giblje pri servisu in reternu
- Server se hitro giblje po servisu in soigralec želi prestreči žogo
- Zelo dobro pokrivata sredino igrišča
- Reterer ima cilj priti čim prej na mrežo, soigralec želi prestreči žogo
- Vršita pritisk ko tekmeč igra prvi volej.

Igralni stili pri dvojicah

Prestrezniki (ang. poachers)

	POTENCIALNO OROŽJE	POTENCIALNA SLABOST
SERVER	Se giblje hitro in zato lahko lažje igra dobre reterner in lažje zaključi visoke počasne žoge (ang. Floaters).	Ni nujno, da servirajo hitro, ker želijo priti čim prej k mreži.
SOIGRALEC SERVERJA	Na mreži je zelo zbran in agilen, zato lahko dobro odgovarja na paralele in učinkovito prestreza žoge na sredini. Najboljši soigralec na mreži.	Odgovor na lob je lahko težava, glede na to, da prihajajo zelo blizu mreže Če želijo prestreči prezgodaj, lahko tekmeč uporabi paralelo.
EKIPA, KI SERVIRA	Hitrost gibanja.	Pogosto prepočasen servis lahko predstavlja prednost tekmečca, ki lahko uporabi močan retern.
RETERNER	Uporaba taktike „chip or drive and charge „, ki omogoča napadanje drugega servisa.	Ko ostajajo na zadnji črti, pogosto nimajo orožja, saj se zanašajo predvsem na igro pri mreži.
SOIGRALEC RETERNERJA	Se giblje naprej in prestreza. Ustvarja pritisk na serverjev prvi volej. Najboljši soigralec, če odigraš dober retern.	V obrambnih situacijah, ko bi bilo potrebno, ne koristijo postavitve oba zadaj.
EKIPA, KI RETERNIRA	Učinkovito gibanje po celem igrišču in prednost v situacijah ko so vsi 4 igralci pri mreži.	Lahko sta nadigrana z močnimi servisi in reterni.

Igralni stili pri dvojicah

Igralci občutka (ang. dinkers, lobbers)

- Ekipa uporablja veliko udarcev občutka
- Server lahko odigra prvi volej kamor želi (koti, paralela, lob...)
- Reterer igra nizke reterne, uporablja kote in varira udarce (lob)
- Gibljeta se dobro in uporabljata celo igrišče in drug drugemu ustvarjata priložnosti za zaključek točke
- Dobro skrivata namero in nadigrata tekmeca na mreži (za hrbet...).

Igralni stili pri dvojicah

Igralci občutka (ang. dinkers, lobbers)

	POTENCIALNO OROŽJE	POTENCIALNA SLABOST
SERVER	Usmerja in varira servis. Ima dober občutek za igranje prvega voleja in ima mnogo variacij.	Pomanjkanje hitrosti pomeni slabši drugi servis, kar tekmeču omogoča napad.
SOIGRALEC SERVERJA	Ima dober občutek in uporablja veliko štop in volejev v stran.	Natančni igralci imajo pogosto manj napadalen pristop in bodo pri mreži manj agresivni.
EKIPA, KI SERVIRA	Zanaša se na dober občutek pri prvem voleju in učinkovito igro pri mreži.	Na splošno, kot ekipa ne izgledajo zastrašujoče, kar tekmečem daje občutek, da jih lahko premagajo.
RETERNER	Zelo uspešen z igranjem različnih reternov (koti, lob, plasirane žoge). Od tekmeča zahteva, da hitro reagira in se prilagaja.	Igralci se ne bojijo prestrežanja počasnejših reternov, lobe rešujejo z gibanjem nazaj in lobom.
SOIGRALEC RETERNERJA	Dober občutek mu omogoča, da se dobro brani ali prestreza serverjev prvi volej.	Pogosto so ti igralci bolj mirni in manj agresivni, ker pomeni manj pritiska na serverja.
EKIPA, KI RETERNIRA	Sposobnost variranja udarcev zahteva od tekmecev veliko prilagajanja na različne možnosti (koti, lobi, nizke žoge...).	Ker so serverji sposobni servirati hitre in močne servise, imajo ti igralci manj možnosti za uspeh na „profi“ ravni. Lahko so pa zelo uspešni na nižji ravni.

Igralni stili pri dvojicah

Igralci moči (ang. hard hitters)

- Značilno je, da igrajo močno in imajo močan prvi servis
- Reternirajo močno, napadajo drugi servis in udarce po njem
- Ne uporabljajo „chip“ reternov
- Pogosto oba igralca ostajata zadaj in igrata napadalno z osnovne črte (tudi pasinge)
- Igralni stil ekipo lahko zlahka prepoznamo, že po servisu in reternu.

Igralni stili pri dvojicah

Igralci moči (ang. hard hitters)

	POTENCIALNO OROŽJE	POTENCIALNA SLABOST
SERVER	Imajo močan servis. Po servisu ostajajo na osnovni črti in koristijo svoje močne osnovne udarce, da nadzorujejo točko.	Ko servirajo imajo pogosto težave pri gibanju na naslednjo žogo. Ko ne gredo na mrežo po servisu, imajo težave če se tekmeč giblje k mreži.
SOIGRALEC SERVERJA	Običajno pokrivajo samo paralelo in ne prestrezajo žog skozi sredino.	Zanašajo se na svoje osnovne udarce in ne vršijo dovolj pritiska na reternerja , ko ta prestreza ali uporabi „I“ formacijo.
EKIPA, KI SERVIRA	Hitrost udarcev jim omogoča osvojiti igre na njihov servis.	Pogosto imata manj variacij pri gibanju in odgovoru na različne reterne.
RETERNER	Močni reterni, predvsem na drugi servis.	Nekateri igralci na osnovni črti uporabljajo ekstremne prijeme, zato reternirajo dlje od osnovne črte in tekmeču dajejo več možnosti za prestrežanje.
SOIGRALEC RETERNERJA	Pogosto oba igralca ostajata zadaj in napadata ali koristita kontra-napad z osnovnimi udraci.	Ker stojijo zadaj ali se gibljejo k mreži, vršijo manj pritiska na prvi volej tekmeča, ki lahko samo blokira volej v sredino ali v stran.
EKIPA, KI RETERNIRA	Bolj uspešni na počasnejših podlagah, kjer lahko uporabijo svoje osnovne udarce in retern.	Imajo težave na hitrih podlagah proti dobrim igralcem na mreži.

Igralni stili pri dvojicah

Vsestranski igralci

- Zelo pogosti so primeri ekip, kjer imata igralca različne igralne stile
- Lahko imamo kombinacijo igralca moči in igralca občutka
- Pomembno je razviti taktiko, ki igralcema omogoča uporbo orožij
- Na srednjem nivoju imamo pogosto igralca, ki je dober na osnovni črti (koristi retern, pasing, lob...) in igralec, ki je dober pri mreži (prestreza, igra volej...).

Igralni stili pri dvojicah

Vsestranski igralci

	POTENCIALNO OROŽJE	POTENCIALNA SLABOST
SERVER	Učinkovito igrajo servis – mreža.	Če drugi servis ni učinkovit.
SOIGRALEC SERVERJA	Na mreži vršijo stalen pritisk na tekmeca.	Nimata slabosti.
EKIPA, KI SERVIRA	Imajo več možnosti kako dobiti igro na svoj servis in pogosto uporabljajo prestrezanje.	Težavo lahko predstavljajo ekipe, ki igrajo močno ali tiste, ki jih izzovejo, da pogosto igrata pri mreži.
RETERNER	Imajo tudi več možnosti za retern: močan retern, plasiran in prihod k mreži.	Variabilnost je lahko tudi slabost, ker imata težavo v odločilnih trenutkih izbrati pravo taktiko.
SOIGRALEC RETERNERJA	Zelo aktiven pri mreži.	Nimata slabosti.
EKIPA, KI RETERNIRA	Imajo mnogo načinov kako dobiti igro na servis tekmecev: učinkovit retern, igra na osnovni črti, pritisk na tekmeca.	Lahko jih nadigra ekipa, ki dobro servisa in pogosto prestreza žoge in tudi nima večjih slabosti.

Primer vrhunskih igralcev - Woodies

- Najboljša dvojica doslej
- Pogosto uporabljala retern lob
- Pripravila serverja, da je igral na osnovni črti
- Veliko ostrih diagonal
- Zelo kratki diagonalni reterni
- Dobro pokrivala mrežo in igrala kote z voleji.

Drugi tipi dvojic

- Igra “brez žoge”:
 - Specialisti za dvojice
 - Naštudirane imajo igralne vzorce
 - Strategija za posamezno točko je pripravljena vnaprej
 - Lažja anticipacija, ker so bolj predvidljivi.
- Igra „z žogo”:
 - Niso specialiti za dvojice
 - Strategija je odvisna od servisa in reterna
 - Predvidevanje je težje, ker nimajo vnaprej pripravljene strategije.

Igralni stili pri dvojicah

Zaključki

- Vsi predstavljeni igralni stili so lahko uspešni na tekmovanjih, če igralca sodelujeta, podpirata drug drugega in se držita taktičnega načrta
- Postopek z 2 korakoma:
 - Ugotovi kateri igralni stil uporabljata in kateri bi bil najbolj primeren
 - Ugotovi kako igra tvoj soigralec; kateri igralni stil koristi, kaj so njegova orožja in slabosti ter kako lahko še izboljšata igro.

Delavnica 1

Igralne situacije pri igri dvojic za mlade igralce-ke:

1. Prestrezanje (3 vrste)
 2. „I“ formacija
3. Avstralska postavitev
4. Igralni vzorci za servis
5. Igralni vzorci za retern
6. Priprava na tekmo.

Delavnica 2

Vsak pripravi situacijo za trening (14-16 let):

1. Za igralca, ki servira 2. servis
2. Za igralca, ki brani hiter 1. servis na T
3. Za igralca pri mreži, potem ko je soigralec serviral odličen servis na ven
4. Za igralca pri mreži potem ko je soigralec serviral počasnejši servis na sredino polja
5. Za reternerja, ki vrača hiter servis v telo, tekmelec pri mreži je dobro pokril igrišče.

Vprašanja?

Trening igralnih vzorcev igrišče

Poaching

- Definition:
 - Is the ability of the server's partner at the net to intercept the crosscourt return by leaving his usual court coverage territory.
- Training:
 - It is essential that the net territory of the server's partner be established and trained, when the serve is wide or to the T.
 - Coaches need to intervene to develop the proper poaching skills in training, as it is such an important component of teamwork.

Poaching when Serving

- Importance at all levels.
- They don't do it more often because:
 - Doubles teams don't feel confident poaching
 - Have not received enough specific training on this topic.

Server's Partner Territory

For a wide serve

- (Diagram A), start with the player being comfortable protecting very good down-the-line returns which would obviously be his shot
- Then from that position establish with one normal step-out the reach he has to intercept a crosscourt return.
- Have a rope (line on the right as you look at the page) passing from the impact point of the return through the reach of the net player until the $\frac{3}{4}$ court (on the serving team's side) and position a marker on the ground to identify the width of his territory

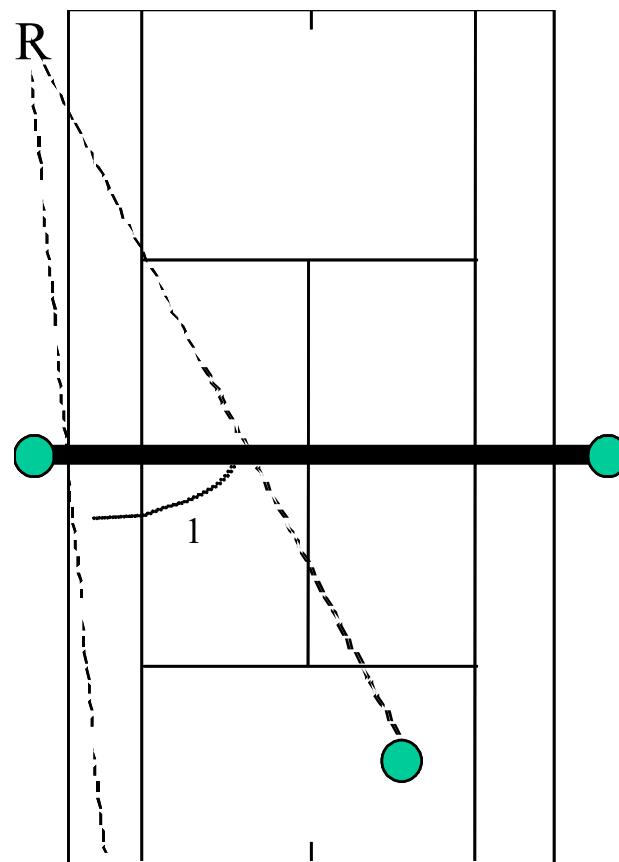


Diagram A

Cayer (2004)

Server's Partner Territory

For a T serve

- Repeat the same process (Diagram B)
- You will notice that both lines converge to the same marker at $\frac{3}{4}$ court which will identify the territory the net player has to cover regardless where the serve is hit (Diagram C)

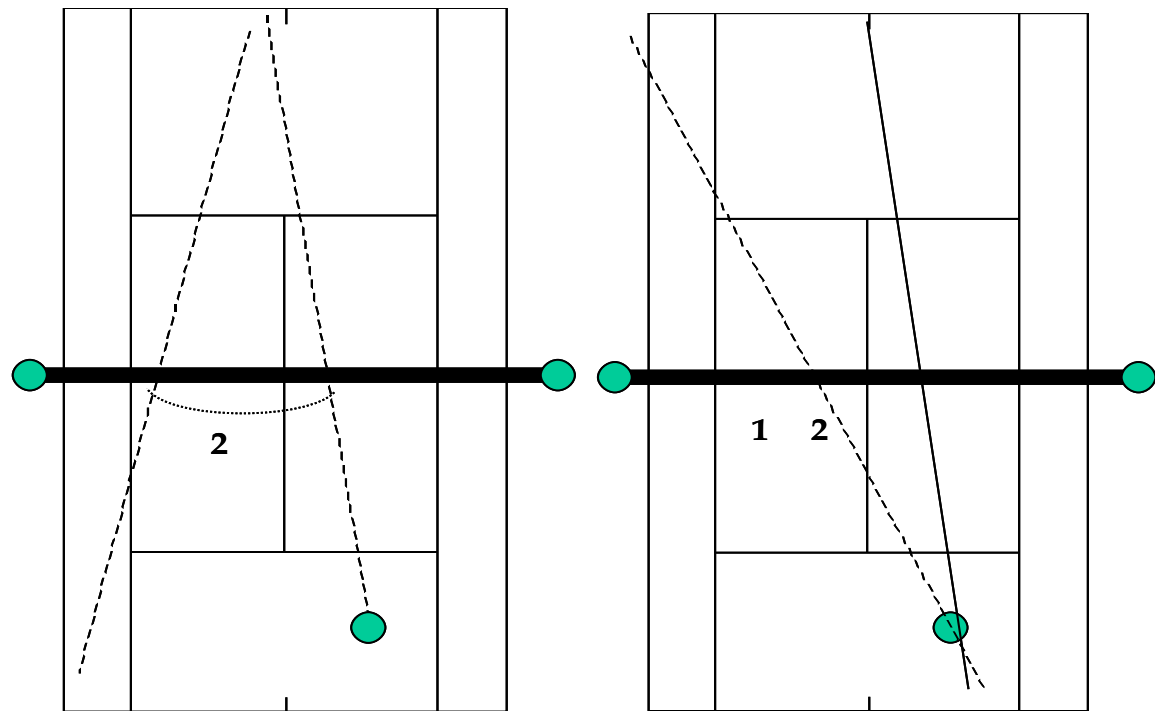


Diagram B

Diagram C

Server's Partner Territory

How to practise it

- Finally follow a 3 step training progression to develop this skill:
 - Perform basket training to hone player competency
 - Follow with a live ball drill where a return will challenge his territory
 - Play points where the receiver often challenges the territory to be covered.

Poaching when Serving: 3 Types

- Per reaction: when the ball is easy and you move out of your territory to poach
- Per anticipation: when you are sure tactically or technically of a crosscourt return
- Per command or per signal: when the team decides to cross

Poaching when Serving:

Per reaction

- When the ball is easy and you move out of your territory to poach
- Performed by the net player
- Requires that the server switches side when he sees it happening.
- Requires the player to be able to volley on the run without stopping.
- Questions:
 - Were your opponents returning with defensive returns?
 - If yes, did you poach them?

Poaching when Serving: Per reaction

RETURN

POACH PER REACTION

Cross court-Hard

No (too fast)

Cross court-Angled

No (too far)

Down the line-Hard

No (territory)

Easy deep crosscourt

YES

Poaching when Serving: Per anticipation

- When you are sure tactically or technically of a crosscourt return
- Done by the net player & Requires the server to switch sides when happening.
- Types of anticipation:
 - Tactical
 - Technical

Poaching when Serving: Per anticipation

- Technical anticipation:
 - Knowing that the return will be crosscourt by virtue of the way the player is going to hit the return
- Tactical anticipation:
 - Knowing that the return will be crosscourt according to situational factors. For example on a certain type of serve or on big points, the receiver always hits crosscourt

Poaching when Serving:

Per anticipation

- How can we develop this ability to predict or read a crosscourt return?
- Returns of certain players are easy to anticipate.
 - Tactically: Always hit their slice backhand crosscourt for example,
 - Technically: Always hit their crosscourt shot (in front and close to the body) in a different position compared to their down-the-line (further away to the side).
- To anticipate better players combine both types of anticipation.
- Limit the possible number of returning options of the players.
- There are fewer options to read from.

Poaching when Serving: Per anticipation

- There are 5 possible returns in doubles:
 - Crosscourt angle
 - Crosscourt drive
 - Down-the-line drive
 - Down-the-line pass
 - Lob

Poaching when Serving:

Per anticipation

- Most players predominantly use two specific types of returns of serve on their forehand and backhand sides, on both the first and second serves.
- The reasons for this are consistency and mastery of particular returns under pressure

Poaching when Serving: Per anticipation

- Questions:
 - What were the 2 most frequent returns on the forehand/backhand?
 - Technical anticipation
 - Were you able to read the technical difference?
 - Tactical anticipation
 - Were you able to figure out against which serve a specific type of return was more often used?
 - Were you able to see if there was any change in positioning that led to a specific type of return?
 - Did you notice a certain (trend in the) score that brought about a specific type of return?

Poaching when Serving:

Per anticipation

- Remember that eliminating possibilities does in itself provide players with useful tactical information.
- For example, at the male professional level, they never lob their forehand return of serve, which in turn allows the net player to get closer to the net and be in a better position to poach if required.

Poaching when Serving: Per command

- Poaching per command or signal is achieved by communicating/coordinating (either verbally or with signs) a poaching action between the server and the server's partner.
- This poach is very 'safe' as both players agree to switch at the same time.
- The net player looks to intercept the crosscourt return and the server covers the potential down-the-line return.
- The server and the net player are reassigned a very specific task and a new territory to cover as a team.

Poaching when Serving: Per command

- There are three keys to success when poaching per command or signal:
 - Good communication
 - Good disguise of the movement
 - Total understanding of the new territory to cover
- Questions:
 - How often did you poach by command or signal?
 - Did you use the information?
 - Were you successful?

Poaching when Serving: Per command

- Disguising the poach:
 - Both the server and the server's partner will initially move forward as per the norm before initiating the cross.
 - Consequently, the receiver will not read any cues that indicate a poach will be performed and will more than likely return crosscourt.

Poaching when Serving: Per command

- On a Wide Serve:
 - The server's partner only needs to move to the middle line
 - The server needs to make the first two steps forward to disguise the poach and then quickly move to the other side to cover the down-the-line return

Poaching when Serving: Per command

- On a T Serve:
 - The server's partner has new territory to cover by changing sides facing the net

I Formation for the Serving Team

- The server and his partner position themselves more or less in a straight line (an “I”) along the middle service line.
- The two players can choose to move in a pre-planned direction following each serve.

I Formation for the Serving Team

- To disguise their movement more effectively and avoid being hit by the ball, the server's partner kneels down close to the net in the middle of the court or crouches down a little further back.
- Both positions are effective and depend on personal choice.
- The server positions himself closer to the middle than he normally would if the team were adopting the more conventional formation.

I Formation for the Serving Team

Why Using it?

- To put pressure on their opponents.
- To force a receiver to return the down-the-line when the team is struggling with his crosscourt return.
- To alleviate the pressure exerted on the server's first volley by the movement of the receiver's partner forward.
- In the I formation, if the server crosses, he will be able to execute a down-the-line volley to the receiver without anyone in front of him to put pressure on his first volley

I Formation for the Serving Team

How much use it?

- For the reasons of disrupting a good crosscourt return and/or to avoid the pressure of the receiver's partner, the serving team will cross 70% of the time when using the I formation (remember: 30% variation is sufficient to create uncertainty in the receiver).

I Formation for the Serving Team

How to use it?

- There are four different positions for the net player according to the combination of serve location (wide or T) and server intention (changes sides or not).

Australian Formation for the Serving Team

- It refers to the positioning, at the start of a point, of both members of the serving team on the same side.
- It is most commonly used on the ad side.

Australian Formation for the Serving Team: Why use it?

- To reduce the effectiveness of the crosscourt backhand return, more often than not an angled slice, of the receiver
- It forces the receiver to play down-the-line, typically a a more difficult return, or may also be used if the server prefers to hit his forehand volley

Australian Formation for the Serving Team

- The Australian formation has been superseded at the professional level, by the I formation which provides greater variation with respect to player/team movement.
- At club level it can be an effective alternative

SERVING PATTERNS

Doubles Play for Pro Players

Serve Characteristics

- More percentage than in singles
- Slower than in singles: $\frac{3}{4}$ power
- More varied than in singles:
 - Angled
 - To the right or left of the body
 - To the T

Roig (2004)

Server Patterns

- Server's movement forward after the serve:
 - Irrespective of serve location the territory the server has to cover in preparing to play his first volley is the same, before the service line, where the 1st volley would be.
 - Therefore, the server needs to move forward to the middle of his territory, which will help him to handle cover any great angled returns.

Cayer (2004)

Server Patterns

- Server's 1st volley crosscourt and recovery to the middle line:
 - The most frequent first volley is crosscourt to avoid the receiver's partner at the net and to take an effective formation at the net against the baseline drive or lob.
 - For this, the server, after playing his first volley crosscourt, will recover quickly to the middle of the court to assume the proper team positioning when both are at the net.

Cayer (2004)

Server Patterns

- Server's sprint to the net to put away "floaters":
 - Most The servers expect theirs his partners to intercept these balls returns and therefore does not react quickly enough to contact the volley take it above the net and play it aggressively
 - The challenge for the server therefore becomes to commit to moving forward aggressively, therefore closing in to the net

Cayer (2004)

Server Patterns

- Server changing sides to intercept a lob return:
 - Deuce side: The server crosses behind his partner to play a backhand smash back down-the-line to the receiver. This allows to allow the server to reposition himself to compete play out the point.
 - Ad side: The server crosses behind his partner and play a normal conventional overhead smash crosscourt at the receiver's partner at the service line, between the two players or down-the-line at the receiver.

Cayer (2004)

Server Patterns

- Server changing sides and chasing down a lob return:
 - It is important to be able to defend with an effective lob in reply as a defensive play.

Cayer (2004)

Server Patterns

- Server changing sides when partner is poaching:
 - Too often the server thinks that his partner will finish the point when he poaches. Unfortunately, this is not always the case.

Cayer (2004)

Server Patterns: 6 Shot selections for the first volley

RECEIVING TEAM (Position/movement)		SERVER	
Receiver	Receiver's partner	1 st volley	1 st groundstroke
Baseline	Service line	Deep crosscourt	Deep crosscourt
Moving forward	Service line	Short crosscourt	Short crosscourt
Baseline	Moving forward	Angle or down-the-line	Angle, lob or down-the-line
Baseline	Poaching	Down-the-line	Down-the-line
Baseline	Baseline	Down-the-middle or weakness	Down-the-middle or weakness
Moving forward	Moving forward	Angle or lob	Drive middle, angle, lob

Cayer (2004)

Server Partner Patterns

- The server's partner is often the key player in helping the team to hold serve consistently.
- His first role is positioning himself so that he can cover the largest possible territory at the net and thereby apply pressure on the return of the receiver.
- Furthermore he needs the ability to fake and poach.

Cayer (2004)

Server Partner Patterns

- Volley down the middle:
 - Following a wide serve
 - As the receiver moves to the outside of the court to play the return, a space is created between the players of the receiving team.

Cayer (2004)

Server Partner Patterns

- Angle volley after T serve:
 - To learn to volley behind the receiver to the open court following a T serve
- Movement after crosscourt return:
 - Toward the middle and backwards slightly
- Movement if the server stays back:
 - Back to the service line and toward the middle in order to better cover the court

Cayer (2004)

Server Partner Patterns

- After a lob return:
 - Smash by the server's partner: if the lob is not too difficult to reach. Played:
 - Deep in between the receiving team,
 - Hard to the weakest player or
 - Short and angled.
 - Smash by the server crossing behind his partner.
 - Chasing the lob by the server's partner
 - Chasing the lob by the server

Cayer (2004)

Server Partner Patterns

- Poaching per reaction
- Poaching per anticipation

Cayer (2004)

Serving Team Patterns

- Lateral position at net:
 - To cover the court according to the angles of the two best down-the-line and angled_possible shots of the opponent
- Lateral Court Movement:
 - The so-called windshield wiper. Players move together, as if attached by a rope, to the right or to the left according to where the receiving team directs their shots.

Serving Team Patterns

- Distance from the Net:
 - Generally, players should aim to stand around the middle of the service box.
 - This is the position from which players can quickly make two steps forward to close out the net and put away an easy ball or move three steps back to cover a deep lob.

Serving Team Patterns

- The wall:
 - Refers to both players of the serving team choosing to stay in their positions to volley back their opponents' drives

Serving Team Patterns

- Shot selection when the receiving team with one baseline player/one service line player:
 - Hard at the receiver's partner on the service line
 - Precision (deep or short) to the receiver on the baseline

Serving Team Patterns

- Shot selection when the receiving team is at the baseline:
 - Play to the weakest player
 - Hit down-the-middle to open up the court to the side of the player who will hit the ball
 - Hit an angle to remove the player from his baseline position and then volley between the two players
 - Hit a drop shot and consider the options to either play to the open court or to hit back at the player who chased the drop shot

Serving Team Patterns

- Shot selection when the receiving team is at the net:
 - Play to the weakest player
 - Isolate the player with the weaker volleys
 - Out rally the opponents in a “duel of quick volleys”
 - Set-up a put away volley with an angled volley

RECEIVING PATTERNS

Returning Patterns for the Serving Team

- There are 5 possible returns in doubles:
 - Power:
 - Crosscourt accurate angle
 - Crosscourt drive
 - Precision:
 - Down-the-line drive
 - Down-the-line accurate passing
 - Lob

Returning Patterns for the Serving Team

- Most players predominantly use two options in returning serve.
- Based on the situation, the player can have a good idea of which shot to expect and therefore the possibility of a poach.

Returning Patterns for the Serving Team

- When you eliminate an option, for example, the forehand lob on the return of serve is very uncommon, therefore the net player knows that he can approach the net and be in a better position to poach if required.
- When the net player has to read between two options instead of 5 options, it becomes easier to technically anticipate the shot to be performed.

Receiver's Patterns

- Position on 2nd serve:
 - Hard hitter (Big forehand): Position themselves more to the backhand to challenge the server to hit the 2nd serve to the forehand side which is left open
 - Net rushers: Inside the baseline on 2nd serves in order to take the ball early and move to the net.
 - Touch players: Normal position or one a little further inside
 - Counter-punchers: Behind the baseline
 - All round: Any position

Receiver's Patterns

- Return down-the-line against the I formation:
 - Both against wide and T serves, hitting down the line is the best option
- Recovery after the serve:
 - After a T serve return, recover towards the alley
 - After a wide serve return there is almost no recovery

Receiver's Patterns

- Return and move to the net:
 - Against an easier second server
- Receiver 2nd shot when staying back:
 - Drive down-the-line.
 - Drive crosscourt or between the players.
 - Place angle crosscourt.
 - Place down-the-alley.
 - Lob.

Receiver's Patterns

- Receiver's second shot at net:
 - Drive volley: Between both opponents
 - Precision volley: After a low ball to volley. Best options are:
 - Down-the-line: If the server's partner is still favoring the middle as the server was experiencing difficulty with an angled return.
 - Angle back: If the server's team is well positioned. This may wrong foot the server as he recovers toward the middle and you may set-up your partner to take the next shot.
 - Lob: Occasionally can be used if the server's partner is still very close to the net

Receiver's Partner Patterns

- One of the most difficult roles in doubles
 - Ensure the continuation of the point after the return of the 1st serve
 - Contribute to the winning of the point following the return of the 2nd serve
- Combining defense and offense:
 - Quality of the return is unsure
 - Poaching actions are unpredictable.

Receiver's Partner Patterns

Positioning in 1st and 2nd serves

- 1st serve returns:
 - At the service line (classic formation)
 - At the baseline (to reinforce the defense) when the serving team:
 - Poaches a lot,
 - Uses the I formation
 - When the receiver wants to play the return a little more defensively or use the occasional lob.
- On 2nd serves:
 - Forward inside the service line

Receiver's Partner Patterns Usual Positions in Pro Game

- 1st serve:
 - At the baseline (for better defense)
- 2nd serve:
 - At the service line (to be ready to attack).
 - Way inside the service line (anticipating a good return and ready to put pressure and intercept the server's 1st volley)

Receiver's Partner Patterns

- The “hot seat”:
 - Develop the athleticism ability and perceptual skills required to play to make the defensive shots effectively.
 - Defensive skills:
 - Reflex volleys
 - Stretch volleys
 - Half-volleys

Receiver's Partner Patterns

- Moving forward on a good return and territory to cover:
 - Being ready to intercept
 - Forcing the down-the-alley volley
 - Forcing an angled first volley.
- Poaching per reaction:
 - On a good return place pressure on the first volley or on the groundstroke of the server if choosing to stay back

Receiver's Partner Patterns

- Poaching per anticipation:
 - When sure that a first volley will be played crosscourt.
More effective if has moved forward and close enough to the net
- Options after lob return:
 - Move back if there is time to better defend against the smash
 - Get ready to react if there is no time to back-up
 - Be ready to take up the offensive if the lob is successful

Receiver's Partner Patterns

- Server and receiver stay back:
 - Put pressure on the server
 - Following an offensive crosscourt shot: Move in close to the net and reinforce the middle when the crosscourt return is solid and places the server in difficulty.
 - Following a defensive or neutral crosscourt shot: Move toward the alley to cover the down-the-line

Receiver's Team Patterns

Ready Positions

Receiver	Receiver's partner
Classical position at baseline	Positioned back at the baseline
Move a little to the backhand side to increase the chances to use a forehand return	Positioned on the service line
Inside the court with the intention of taking the return early and moving to the net	Positioned inside the service line, especially on 2 nd serves

Receiver's Team Patterns Movements

Receiver	Receiver's partner
Stays back after the return	Stays back at the baseline
Moves in to the net with chip & charge or drive & charge	Stays on the service line
	Moves forward
	Poaches

Receiving Team Patterns

- Poaching per Command:
 - Most often used on a return of a second serve, and when the serve is directed toward the T.

PLANNING SPECIFIC PATTERNS FOR A MATCH

Planning Tactics against specific opponents

- Observe your opponents and scout/chart them if you can
- Predict or anticipate what their tactical tendencies are (from your observations)
- Plan specific patterns to counter their strengths or exploit their weaknesses

Charting Returning Patterns for the Serving Team

When serve is aimed to	DEUCE SIDE			AD SIDE		
The return is:	FOREHAND		BACKHAND	FOREHAND		BACKHAND
<ul style="list-style-type: none"> • Crosscourt hard • Crosscourt angle • Down-the-line hard at net player: • Down-the-line alley • Lob <p>(1=always; 2=never; 3=sometimes (%))</p>						

Anticipation

- Is the ability of a player to predict either tactically or technically what the opponent *will do (total)* OR *will not do (partial)* in specific situations
- These predictions can be from:
 - Tactical patterns always or never used in specific situations
or
 - Technical cues when setting-up for a shot, which lead to always or never do a specific shot

Developing Anticipation: Questions

- Does the player always return the same way
In this situation?
- Does the player never attempt a certain shot
in this situation?

Tactics against “always” (total anticipation)

SITUATIONS	RESPONSES
Always hit hard crosscourt	Reinforce the middle; Perform some fake poaches to affect the return; Poach per anticipation or command <u>while facing the net</u> ; Use the Australian or I formation to force another type of return.
Always hit an angle	Poach per anticipation or command <u>by running quickly across the court</u> ; Use the Australian or I formation to force another type of return.
Always hit a lob	Position yourself further from the net or don't move in at the sound of the serve; Especially on the ad side, command a poach for the server to smash.
Always hit a down-the-line drive and/or down-the-alley	Have your intention of where you want to volley; Reinforce the down-the-line position.

Tactics against “never” (partial anticipation)

SITUATIONS	RESPONSES
Never hit hard crosscourt	Server may move in faster to cover the angle; Server’s partner will probably be challenged with lobs or down-the-line returns; Could be easier to poach if not intimidated by the pace of the return.
Never hit an angle	Reinforce the middle.
Never hit a lob	Get closer to the net.
Never hit a down-the-line drive and/or down-the-alley	Reinforce the middle; Poach per reaction, anticipation or command. Do the I formation to make them try other returns

Tactics against “2 options”

SITUATIONS	RESPONSES
Backhand slice: angle or lob	Server to move in quickly and partner to cover the lob; Poach per command
Only forehand drives crosscourt or down-the-line	Use I formation to confuse the receiver; Partner should dominate the middle.
2 hand backhand drive or angle Others:	If you can anticipate the difference, poach per anticipation on the one you are more comfortable on.

Doubles Play for Pro Players

Several Rules

- I & Australian formations:
 - Better to return 80% down the line
 - Serve to the T or to the body to allow giving angles to the receiver
- If a player volleys his 1st volley behind the service line, the opponent should always win the point
- If the server is player a low 1st volley, the receiver's partner should move forward and not to the side

Roig (2004)

Doubles Play for Pro Players Playing from the baseline

- On clay
- Good tactics for surprise
- Other teams are not used to this
- Used by Spanish or clay court teams

Roig (2004)

Doubles Net Play Smash

- Coaches need to recognise that their players can play as close to net as their ability to cover lobs allows.
- Consequently the development of the running overhead becomes a very important feature of effective doubles play.

Doubles Net Play

- In order to implement the different tactics, necessary technical skills are required for net play.
- Also, awareness of opponents' patterns is useful to implement the proper tactics.
- Maximize effectiveness at the net,
- Describe the different types of anticipation and how they can be best used against the return.

Doubles Net Play

Net play reactions

- Two of the most important reactionary/anticipatory movements at the net are the lateral and up-back coverage.

Importance of Movement for Doubles Play

- It is not only shot selection but an ability to move in such a way that pressures the opposing team is what makes a very good doubles pairing.

Roig (2004)

DOUBLES TRAINING

Doubles Training for Pro Players

- Morning session:
 - High intensity
 - ½ court work
 - Very specific
 - Mostly crosscourt drills
 - 1 player at the net – 1 player at the baseline
 - Each player always practices in his half side of the court
- Afternoon session:
 - Practice matches
 - Against teams of different game styles

Roig (2004)

NEUPORABLJENI SLAJDI

Doubles Playing Styles

Singles and Doubles

- Irrespective of your singles playing style, it is possible to develop a different style of doubles play.
- The all round and net game singles players have an obvious advantage when looking to form a successful doubles team.
- For instance, the “Woodies” are all round singles players and they are the most successful doubles team in the history of the game.

Vprašanja?