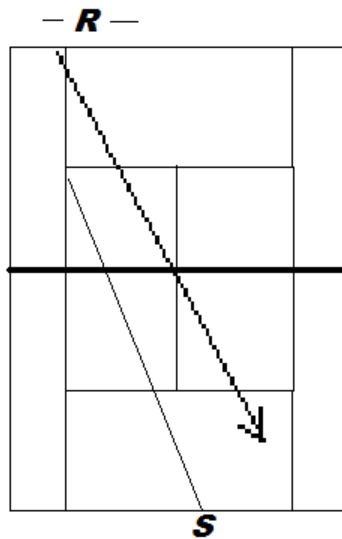
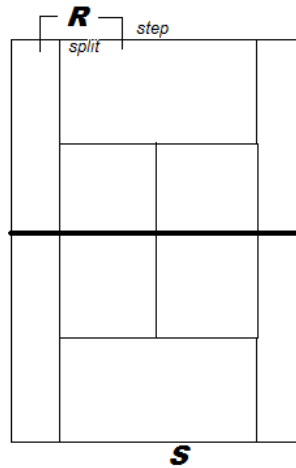


TRAINING THEME

RETURN OF SERVE

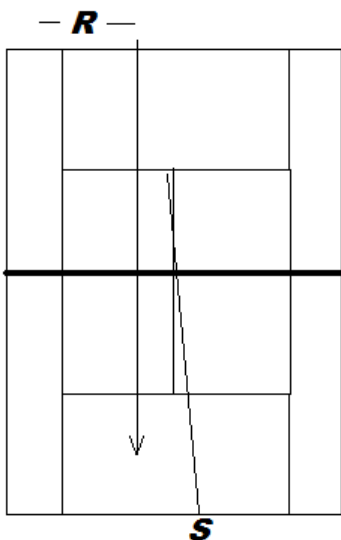
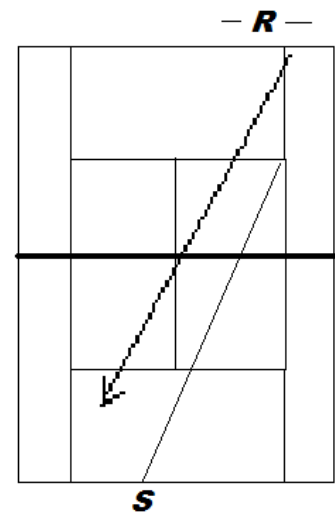
BEST RETURN OF SERVE

Focus on the ball
Step on Toss
Split on Contact



CHOOSING THE BEST RETURN

Wide serves —> crosscourt



CHOOSING THE BEST RETURN

Down the T —> Up the line

