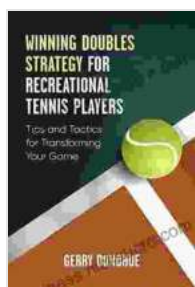


Winning Doubles Strategy For Recreational Tennis Players



Winning Doubles Strategy for Recreational Tennis

Players by Gerry Donohue

★★★★☆ 4.4 out of 5

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Welcome to the exciting world of doubles tennis, where teamwork, strategy, and a touch of friendly rivalry combine for exhilarating matches. If you're an avid recreational player looking to up your doubles game, this comprehensive guide will empower you with winning strategies to dominate the court and leave your opponents trailing in your wake.

Effective Communication: The Key to Success

Clear and concise communication is the cornerstone of a successful doubles team. Before the game, discuss your strengths, weaknesses, and preferred court positions. During the game, use hand signals or code words to indicate your intentions, such as "mine" to take a shot or "yours" to let your partner handle it. By communicating effectively, you'll minimize confusion, avoid collisions, and create a seamless flow of play.

Court Positioning: The Art of Controlling the Space

Mastering court positioning is crucial for doubles success. The basic formation involves one player at the net and the other covering the baseline. The net player's primary role is to intercept overhead shots, poach returns, and apply pressure at the net. The baseline player, on the other hand, focuses on controlling the depth of the court, hitting deep groundstrokes, and covering the open court.

As the game progresses, adapt your positioning based on the situation. For example, if the opposing team is hitting high lobs, one of you may move up to cover the net while the other stays back to handle the baseline shots.

Shot Selection: The Right Tool for the Job

Doubles tennis demands a versatile approach to shot selection. Here are some key shots to master:

- **Lob:** A high, arcing shot that clears the net player's reach, forcing them to retreat or volley awkwardly.
- **Volley:** A shot hit before the ball bounces, typically used at the net to intercept returns or poach shots.
- **Overhead:** A powerful shot hit above the head, usually used to counter lobs or smash returns.
- **Drop Shot:** A delicate shot that lands just over the net, forcing opponents to scramble and giving you time to move forward.
- **Slice:** A shot hit with sideways spin, creating a low, skidding ball that makes it difficult for opponents to return.

Choose your shots wisely based on the court position, the opposing team's strengths and weaknesses, and the overall game situation.

Attacking Play: Dominating the Court

To win in doubles, you need to be proactive and assertive. Look for opportunities to attack the net and put pressure on your opponents. When approaching the net, communicate clearly with your partner to avoid collisions and ensure a smooth transition. Use overheads, volleys, and drop shots to keep your opponents on the defensive and force them into errors.

Defensive Play: Turning Defense into Advantage

Even the best doubles teams need to be prepared for defensive play. When your opponents are attacking, your primary goal is to keep the ball in play and regain control of the point. Focus on hitting deep groundstrokes, using lobs to neutralize their aggression, and covering the open court effectively.

The Serve: A Powerful Weapon

The serve is a vital aspect of doubles tennis. A strong serve can put your opponents on the back foot, set up easy volleys for your partner, or even win you the point outright. Master a variety of serves, including the flat serve, the slice serve, and the kick serve, to keep your opponents guessing. Work on your serve placement as well, aiming for the corners of the service box or the body of the returner.

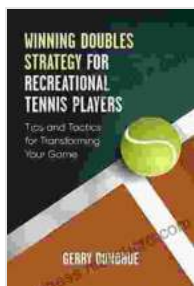
The Return: Countering the Attack

Returning serves in doubles is equally important. Be prepared to handle both flat and slice serves, and adjust your technique accordingly. Use the slice return to control the depth and direction of the ball, or go for a more aggressive flat return to put pressure on the serving team.

Winning doubles tennis is a combination of skill, strategy, and teamwork. By implementing the techniques and tips outlined in this guide, you'll elevate your game to new heights. Remember to communicate effectively, master court positioning, select your shots wisely, and adapt to different game situations. With practice and dedication, you and your doubles partner will become a formidable force on the court, leaving your opponents in your dust.

Pick up your rackets, embrace the challenge, and enjoy the thrill of doubles tennis. May your games be filled with laughter, camaraderie, and

unforgettable victories.

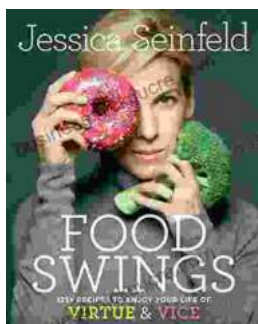


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