

THE ENTIRE FOCUS OF THIS BOOKLET IS TO TEACH “ADVANCED” STRATEGY FOR MOVEMENT IN DOUBLES.

IT IS EASY TO UNDERSTAND THAT THE PERSON CHASING THE BALL MUST MOVE TO DO SO. THE KEY IS FOR THE OTHER THREE PLAYERS TO KNOW HOW, WHERE AND WHEN TO MOVE AND BE IN POSITION WHILE THE BALL IS MOVING!

KEY

- I. Ball Deep to Left Corridor
 - II. Ball Deep to Right Corridor
 - III. Ball Deep to Center Corridor
 - IV. Ball Short to Right Corridor
 - V. Ball Short to Left Corridor
 - VI. Ball Short to Center Corridor (past net player)
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1. By left, right, and center we are considering corridors or alleys that divide the court vertically in thirds --equally-- so the left corridor will run between the left sideline to a line running one-half way between the left side line and the center line, etc.
 2. A, B, C, D, are the four women's doubles players.
 3. North is the top of the page, south the bottom, east the right, and west the left. If any directions were reversed, no one would be confused, right!
 4. Original position is during a point that is in process and not after a serve. Positions could have been attained in several ways: (1) Server followed her serve to net; (2) Receiver followed her return of serve to net; (3) A player was forced to run up for a short ball and stayed at net; (4) A player followed her good approach shot to net.
 5. In this drill, the south partners begin on offense, their opponents on defense, but the latter will try to reverse the situation.
 6. Remember that at the beginning of the drill the ball is in the air moving from south to north and all four players are looking at it to determine their next move.
 7. The players determine their movement according to where they see the ball will be hit, not where the ball bounces.

GENERAL RULES

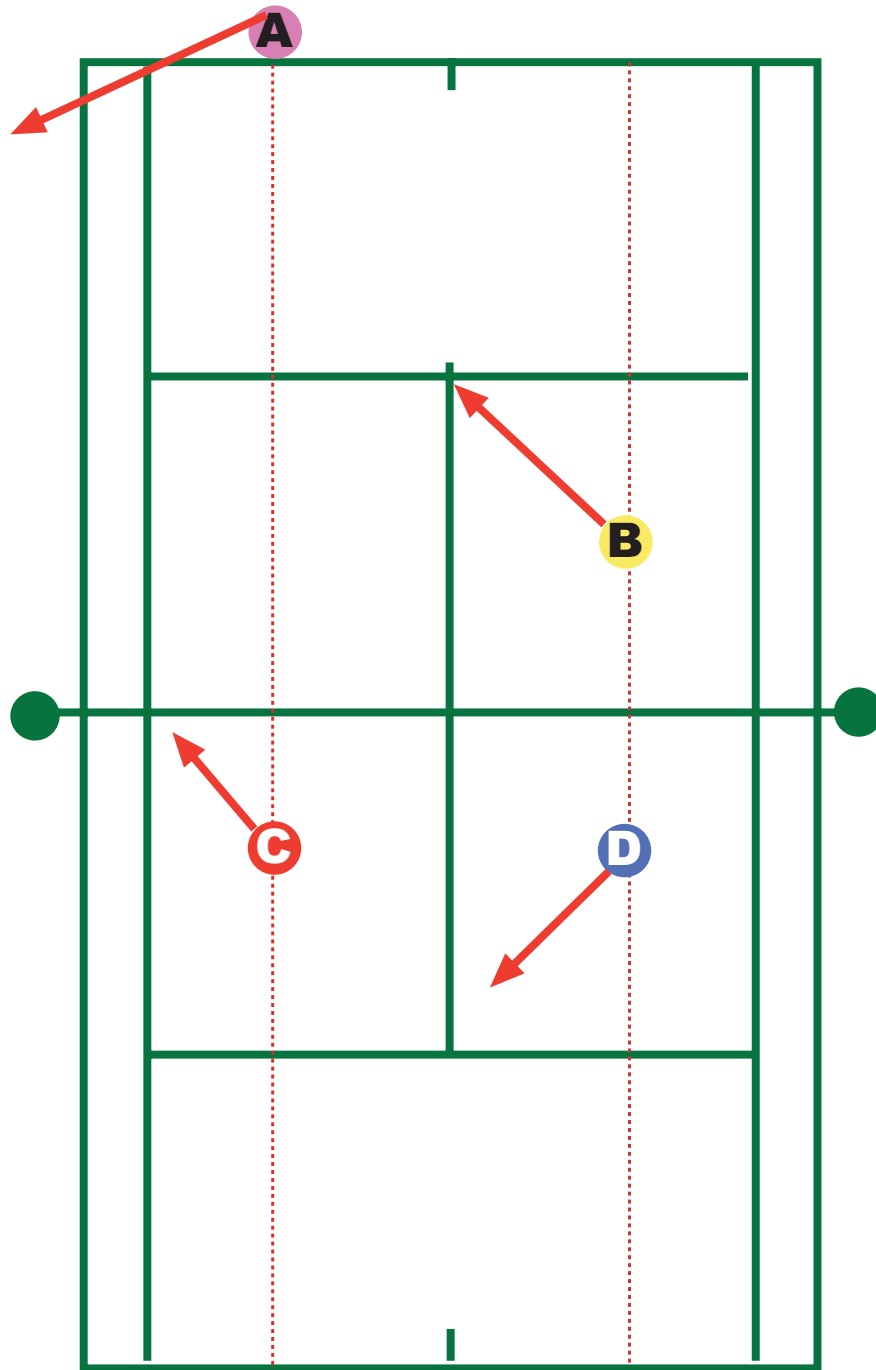
1. At net: On first ball, C and D watch B until the ball goes past her to A.
2. Even if A hits a good shot in return, she should never comes forward until she sees the shot over the net!
3. All players should move laterally with the ball to cover the court but should also move vertically north and south according to whether they are in an offensive or a defensive position.
4. The First team to get to the net together has the best chance to maintain the offensive and to win the point. But this team must still be ready for the lob.
5. Move on your diagonal only when the ball is in deep left or right corridors, move north and south in a neutral line otherwise, with few exceptions.
6. If your partner is back and receiving a ball, you can assume that she may make a weak return and so you assume a defensive position, but always be ready to quickly move up whenever the ball is hit past the net person or persons.
7. The general principal of this strategy is that you and your partner cover 70% of the court and by strategy you cover the part that your opponents are most likely to hit into. You leave open the area available for low percentage shots. If they make a winner, you say "Good Shot" and hope they try it often.
8. The two doubles partners should move in tandem as if tied by a rope. This is especially true when both are at net. However, if one is up and one is back, there is an exception: On a cross court ball, the net player will move to the alley, up, but the back player will move out wide away from the cross court shot.
9. Whenever possible, if the ball is hit to your partner, neutralize and get set.

SPECIAL NOTES

1. In all cases, when at net, remember the poaching drill -- watch the net player and react!
2. If you make a volley at the net to the opposite net person or even to the back, try to split step quickly one step toward the net and get set with the racquet neutral.
3. When running back for a deep lob, try to circle around so that you can use your forehand whenever possible.
4. When you are in a game and remembering the six ball drill, please notice when the balls are going to be struck at positions partly in one hallway (corridor) and partly in another. Then adjust your movements to be shorter accordingly.
5. Remember this drill is for club doubles only. If you are playing against professionals, men, or even mixed doubles, you must adjust and shorten some movements because the game is too fast for a complete circuit and you must be able to return to guard your alley when necessary.
6. If your opponent is about to attempt an overhead from her baseline, do not panic. The net person can stay up since most will just clear the net and the back person can stay neutral since there will be time for her to react. Remember that the player hitting an overhead has no idea of where her opponents are once she raises her eyes to watch the ball as it comes down to her. (Note difference from Page 14.)
7. If you are at net and you hear footsteps and realize that your partner has come up, you must immediately be prepared to cover your half of the court. You should consider moving to the 3/4 position between the net and the service line to protect the lob, but you must judge whether your opponents are in real trouble and move accordingly.
8. While all the strategy novements can be helpful, they will only hinder you if you are still in motion when the ball reaches you. It is imperative that you reach your desired position in time to get set and ready before you have to make a shot. Move quickly for no one can properly hit a ball when moving.
9. You and your partner share the court equally. The main point of the strategy drill is to help partners share the court equally when the directions are changed. In most cases, whether both partners are at net or one up and one back, each should allow the other to cover her own ground. But there are some exceptions: (1) Poaching by the net person; (2) A high lob where the net person switches courts; (3) When both are up and a ball comes down the middle, both should go for it; (4) A very weak ball that hits the net and/or just dribbles over it could allow the net person to run over to cover while the back person switches, but in general, the back person would rather run up for the short ball; (5) The ball down the middle that the net player tries to volley but cleanly misses, this the back person should be ready to take with a ground stroke.

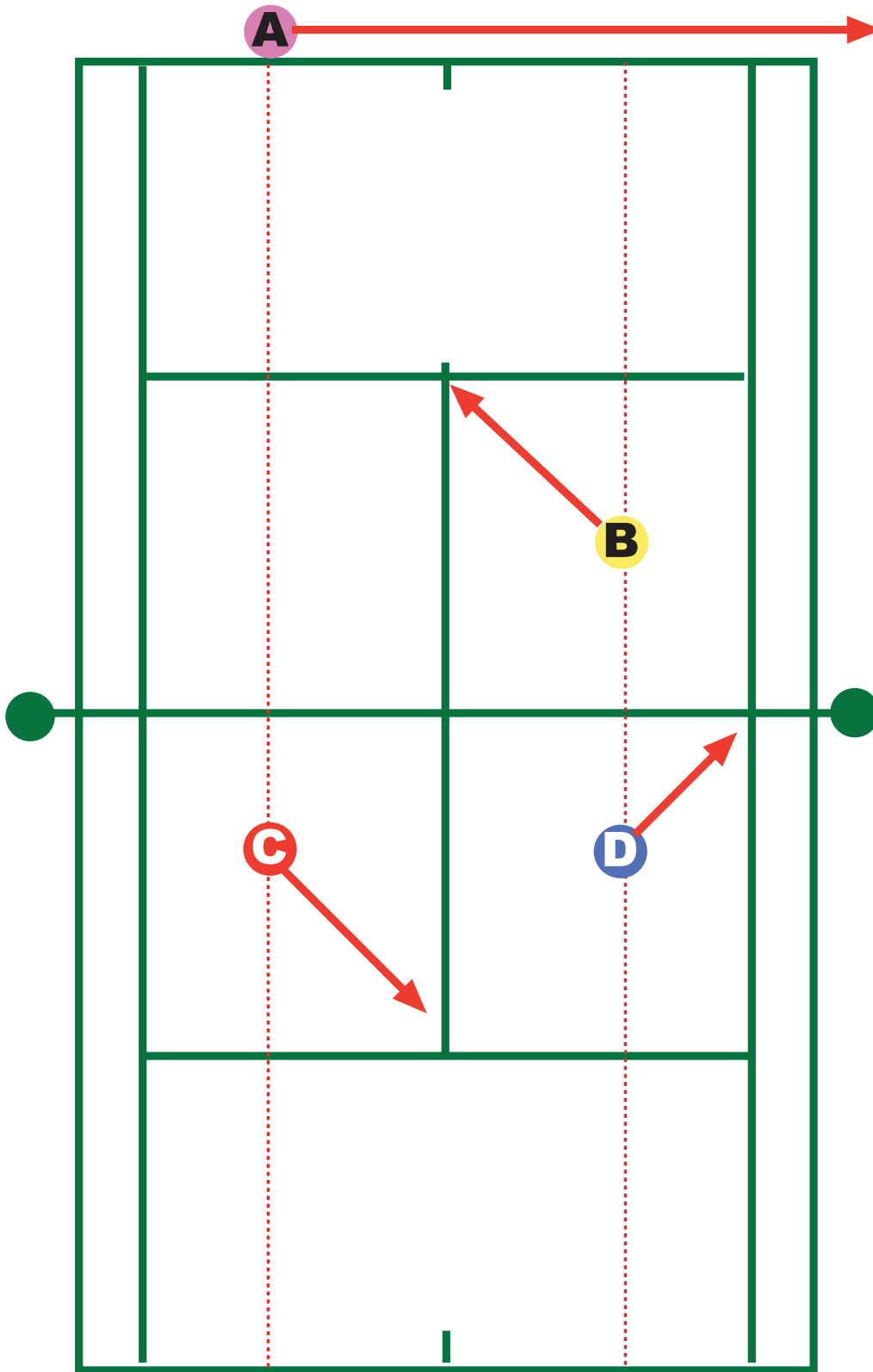
10. Poaching: Should you stay or return after poaching? This is pretty much up to the net person when one is up and one is back. If it is a short poach, you should generally step back to your own court and position, if longer, go on and stay. But whatever the net person does, the back person must do the opposite.
11. Also poaching: If your partner up front poaches and you are back, always be ready to take that shot if she changes her mind or misses.
12. Aggressiveness: We tend to be under-aggressive at the net. While it is wise to wait for a good ball to poach on, it also would add an element of surprise if we poached when least expected. Coach suggests that we should try to poach at least once each game. (Definition: A real "poach" is where you reach into your partner's side of the court.) Also watch those weak, high, semi-lobs to your partner. Many of these could be "ducks" to your forehand volley if you moved into them -- great put aways.

I. Ball hit in left corridor deep by A



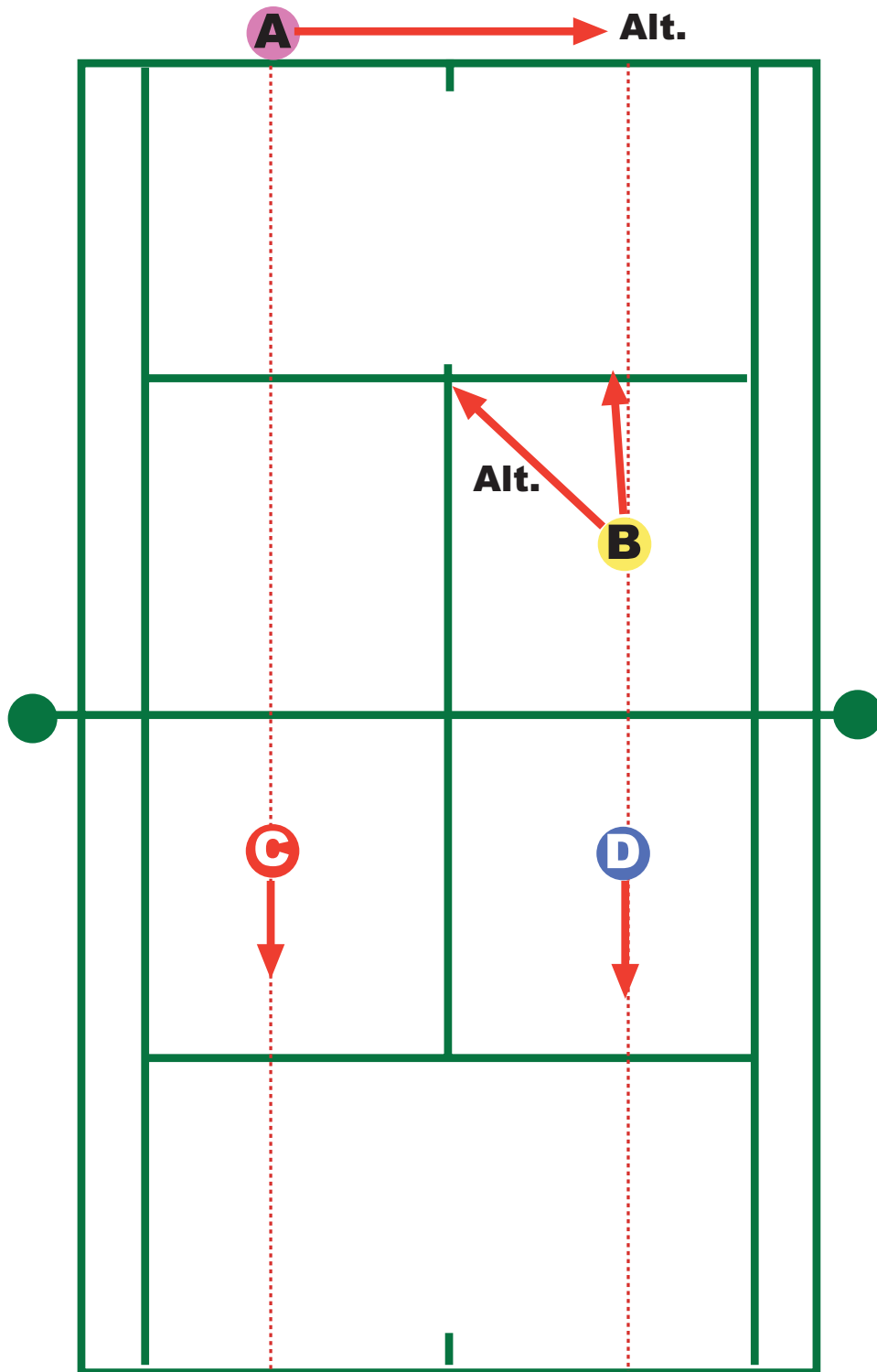
A will either lob or possibly hit a weak shot. Therefore, B moves to the T in preparation for a strong volley. She should watch to see what kind of shot her partner is making to increase readiness, and then watch the net person in case. C moves up to protect alley and to be close to put away weak shot while D moves one half way to T to be ready for a lob but close enough to move up and take an easy duck if offered. There is little chance of a ball going to an uncovered area.

II. Ball hit in right corridor deep by A



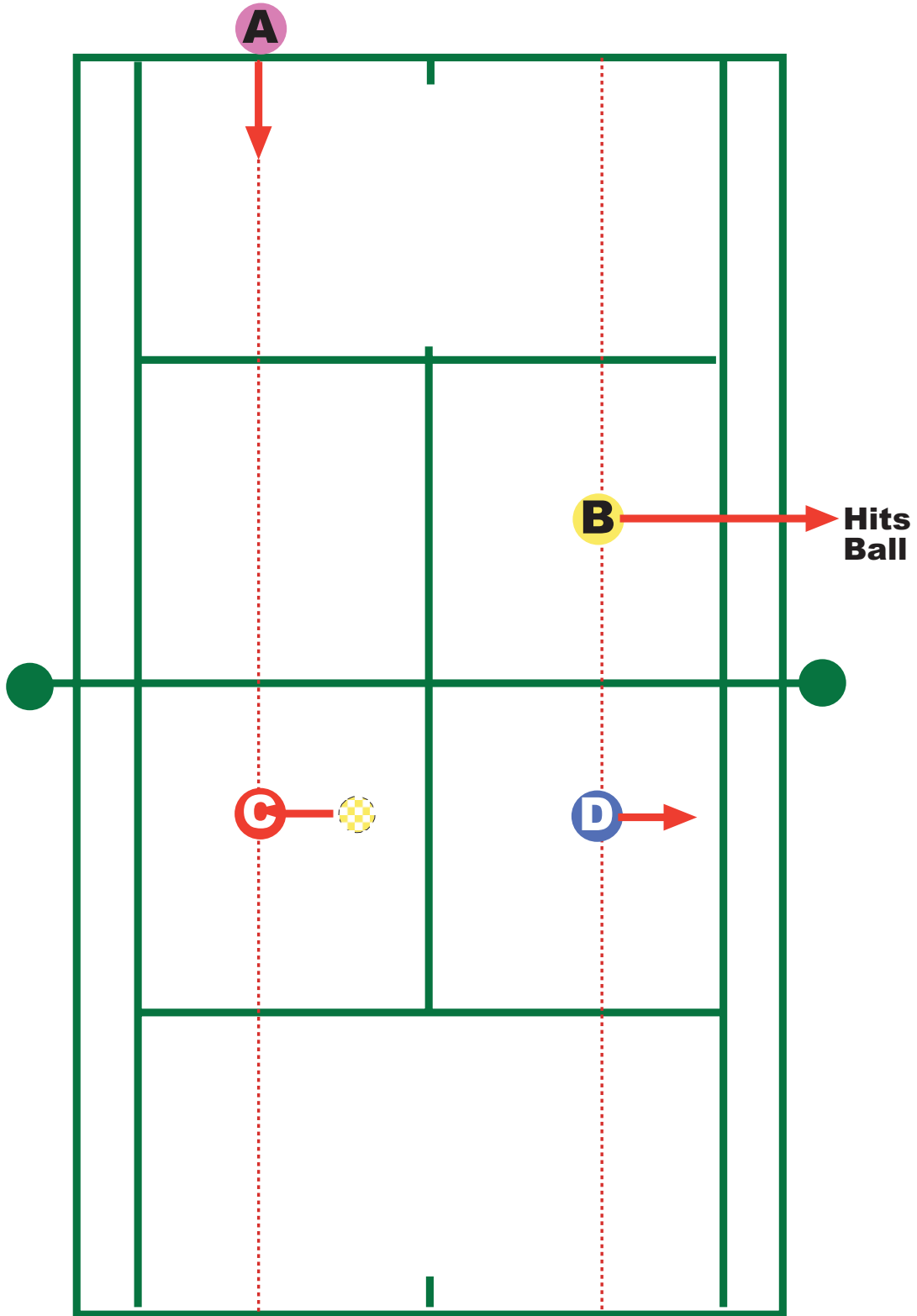
Once again A is apt to make a very weak shot unless she is able to lob. B moves to T on the other side of the court to protect herself and gain time. D moves up and over on diagonal to take weak shot while C moves back to cover the lob but not all the way to T (to be able to move up for a weak shot on her side). A and B will stay switched for continued play.

III. Ball hit in center corridor deep by A



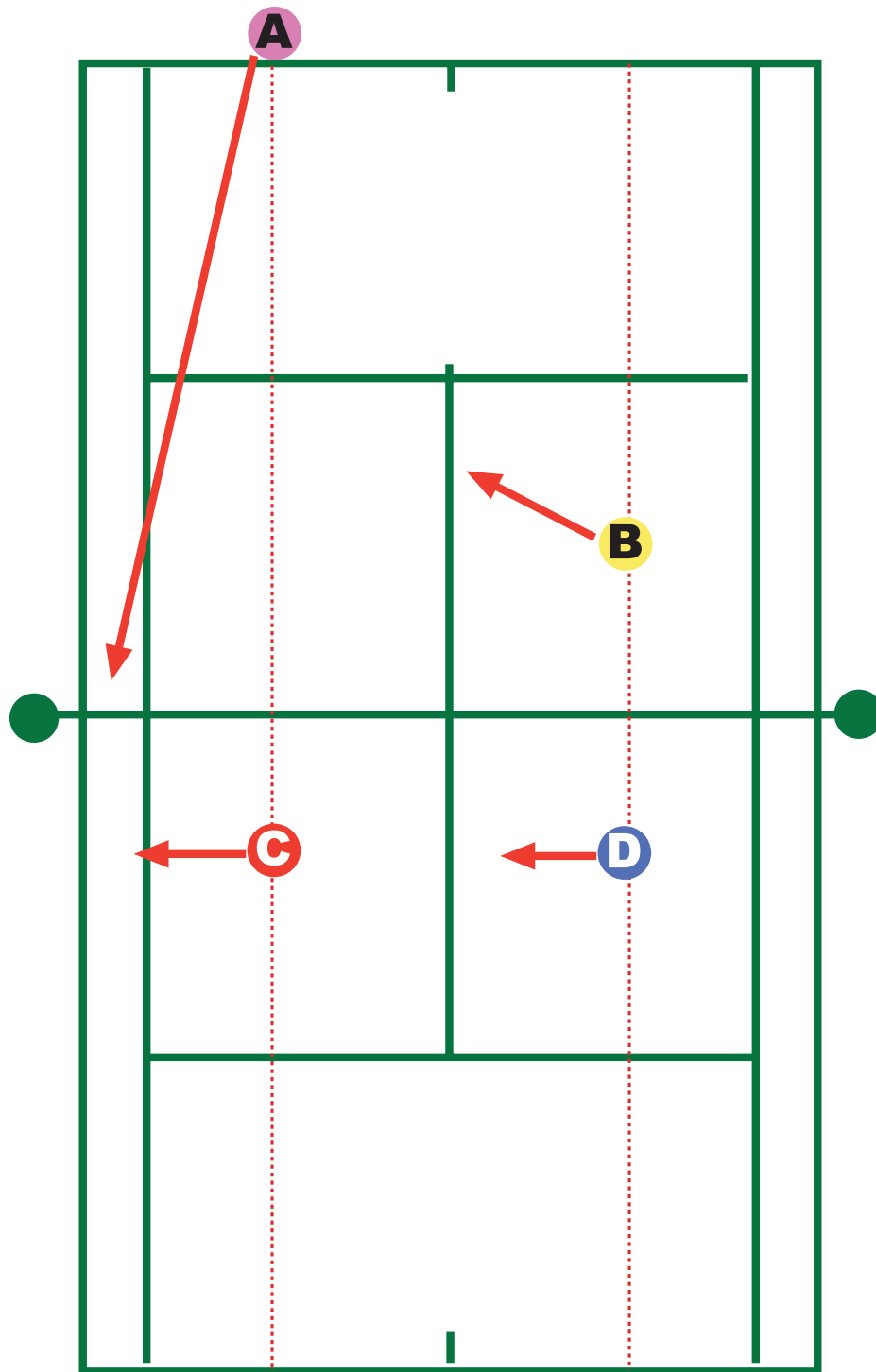
B again retreats to service line, but in neutral position in case A makes a weak shot. C and D move 3/4 back to service line so that each can protect a lob on her own side while still being close enough to move up to volley a weak return. Alternate for B would be if center shot was far enough over that switch seemed indicated -- then A and B would stay as switched for ensuing play.

IV Ball hit in right corridor short by B



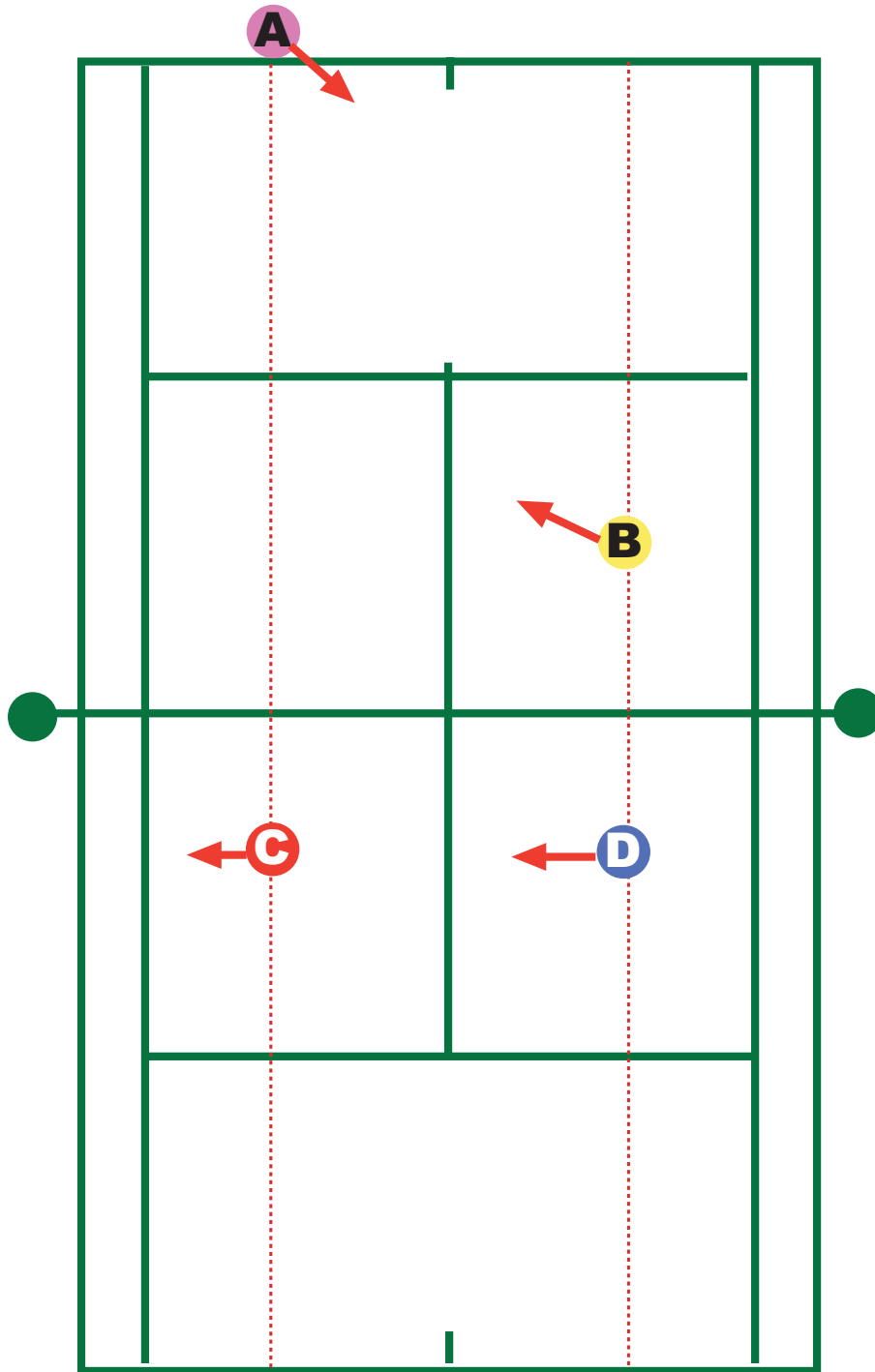
C and D have little time to react: C should put racquet out to right to protect middle where ball is most likely to go. D moves one step toward alley and gets set. A will take one step and jump forward to be ready to advance to net if indicated by what happens, but still ready and able to take deep shot if it comes.

V Short ball to left corridor hit by A



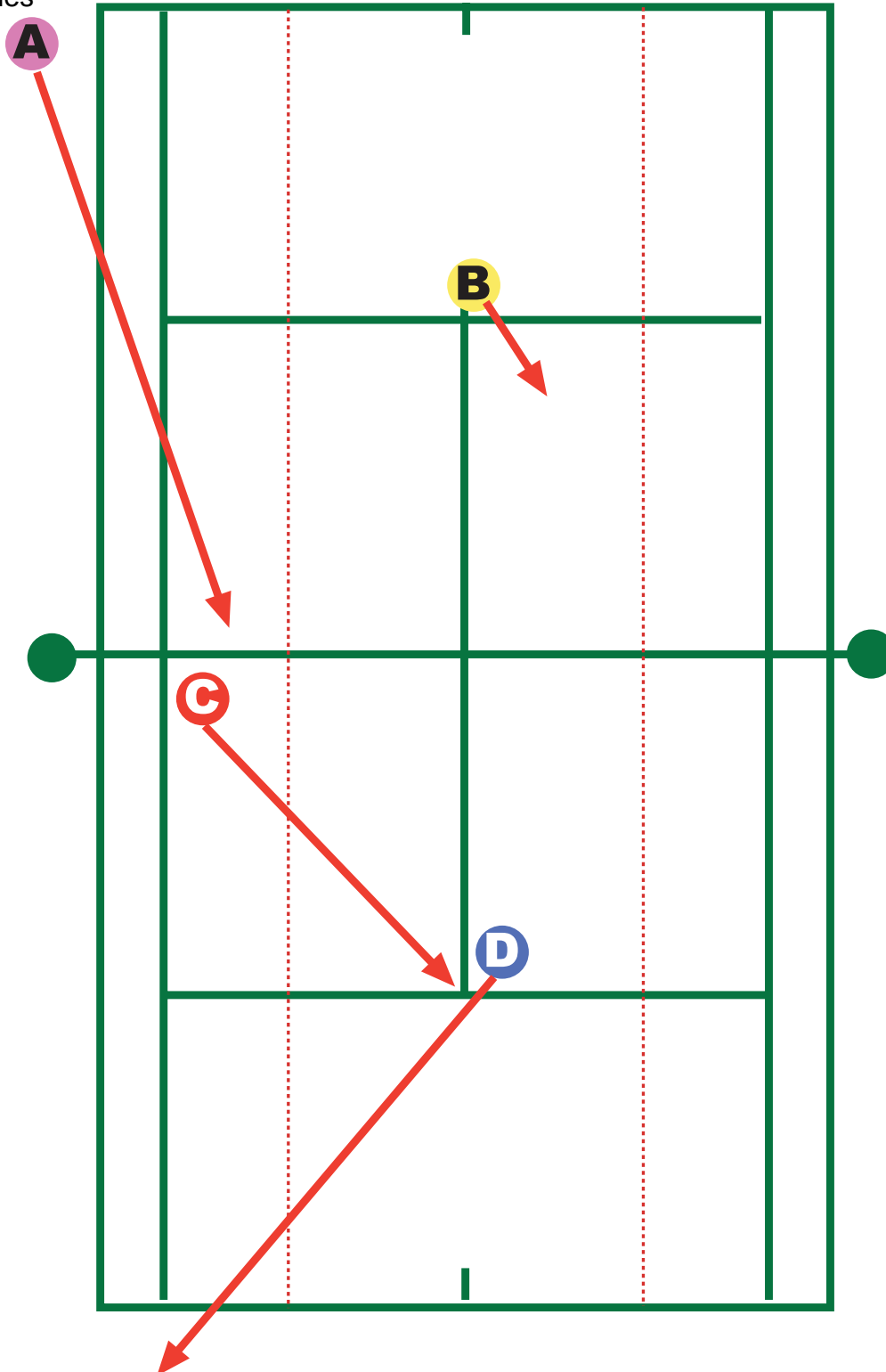
Since A has to run hard to reach this ball, B prepares for possible strong volley by going one half way to the T. In case A arrives fast and makes a good shot, she will still not be so far back that she cannot step up for a put away. C and D move laterally with the ball but D takes only one step because when the ball is hit up close it could possibly be sharply angled to her alley. C takes about 2 steps toward alley.

VI Short shot down center hit by A (not taken by net person).



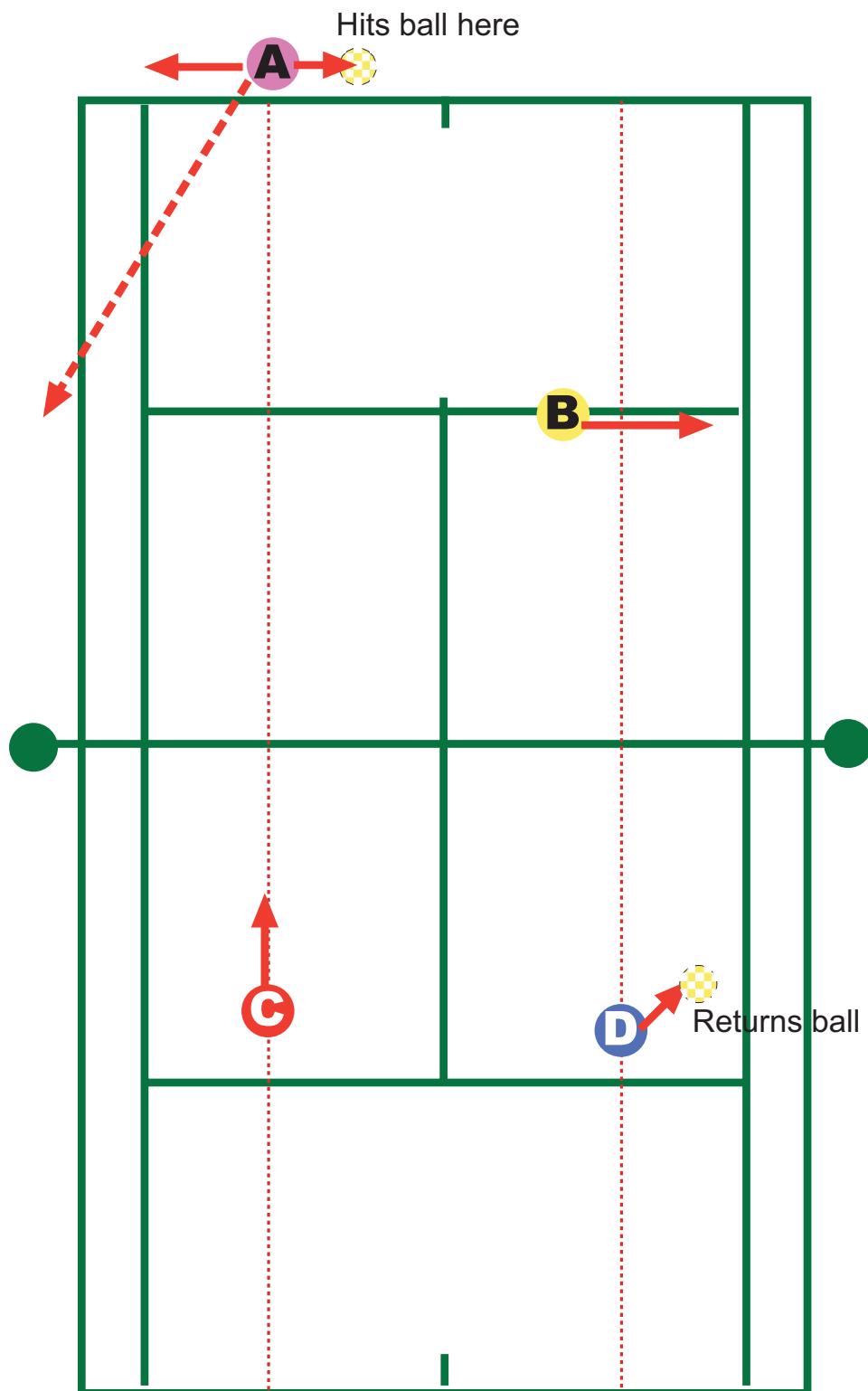
Here A is not in trouble and could make a strong shot. So B does not move completely back but takes one step back and over toward the T to cover a possible angled volley shot -- still up to make a put away. C moves 1 step to left and D moves 2 steps to left as A's backhand ground stroke may well go cross court. If B poaches on the first shot, forget all this!

SECOND BALL - Example No. 1 - 36 possibilities according to the six places the first ball could be hit and six possible places it could be hit (plus all the shades and variations in between). If ball is hit by A in left deep corridor to left deep corridor south: (Remember, if A had hit to D, she should have stepped backward to take overhead.) D goes back for ball while C retreats to protect middle and switches sides

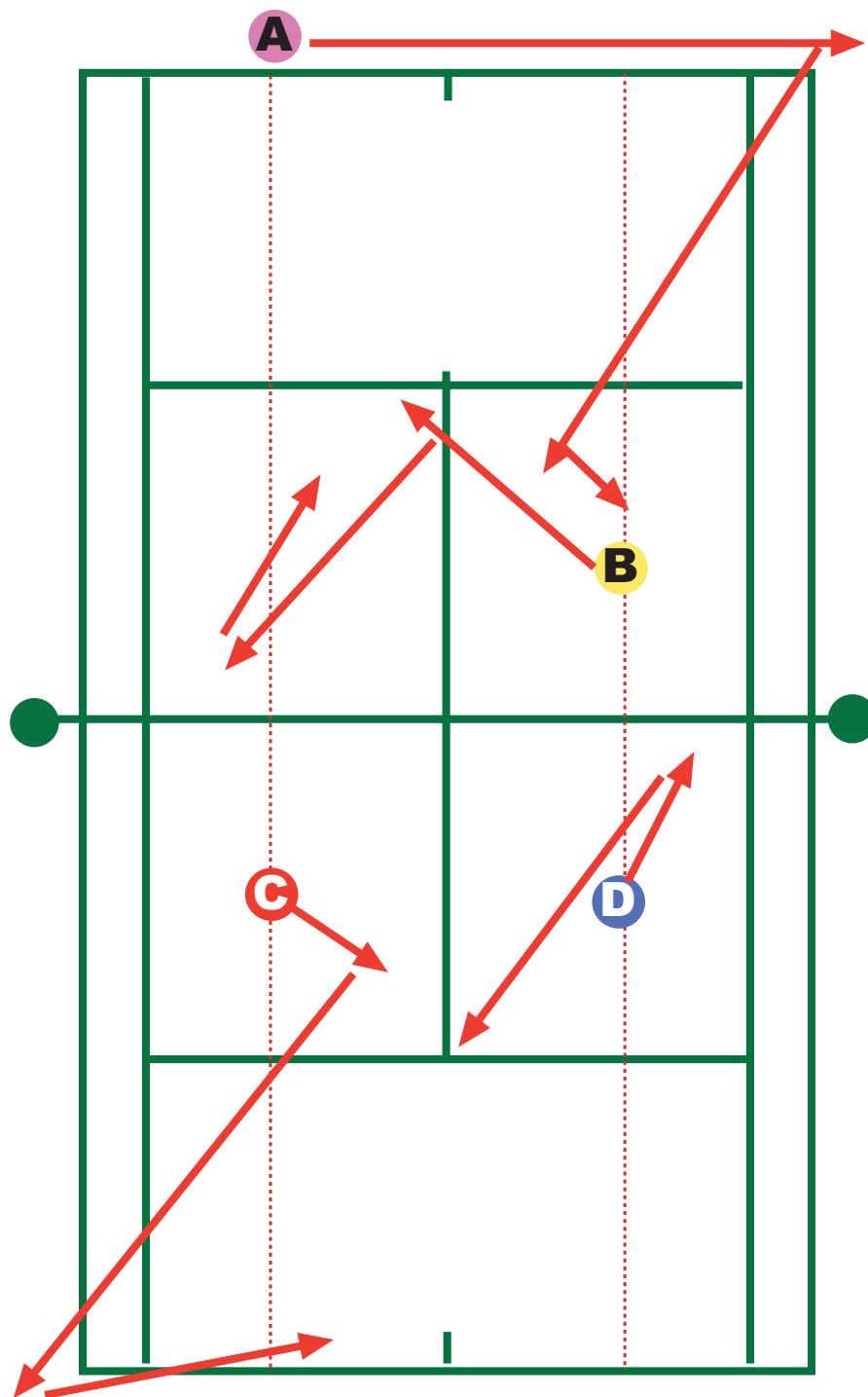


at the same time. B moves up slightly to take the easy ball, but must stay sufficiently back to protect the lob since A moves all the way up on diagonal to take easy putaway along alley line.

SECOND BALL - Example No. 2. A hits short ball in middle to D in left corridor but close to middle corridor. A will neutralize and then move out -- able then to run up for short cross court shot if needed. B will move over to alley on service line, but not toward net because D is in position to make a strong shot either cross court or down the alley. C can neutralize as partner takes ball. D returns ball.

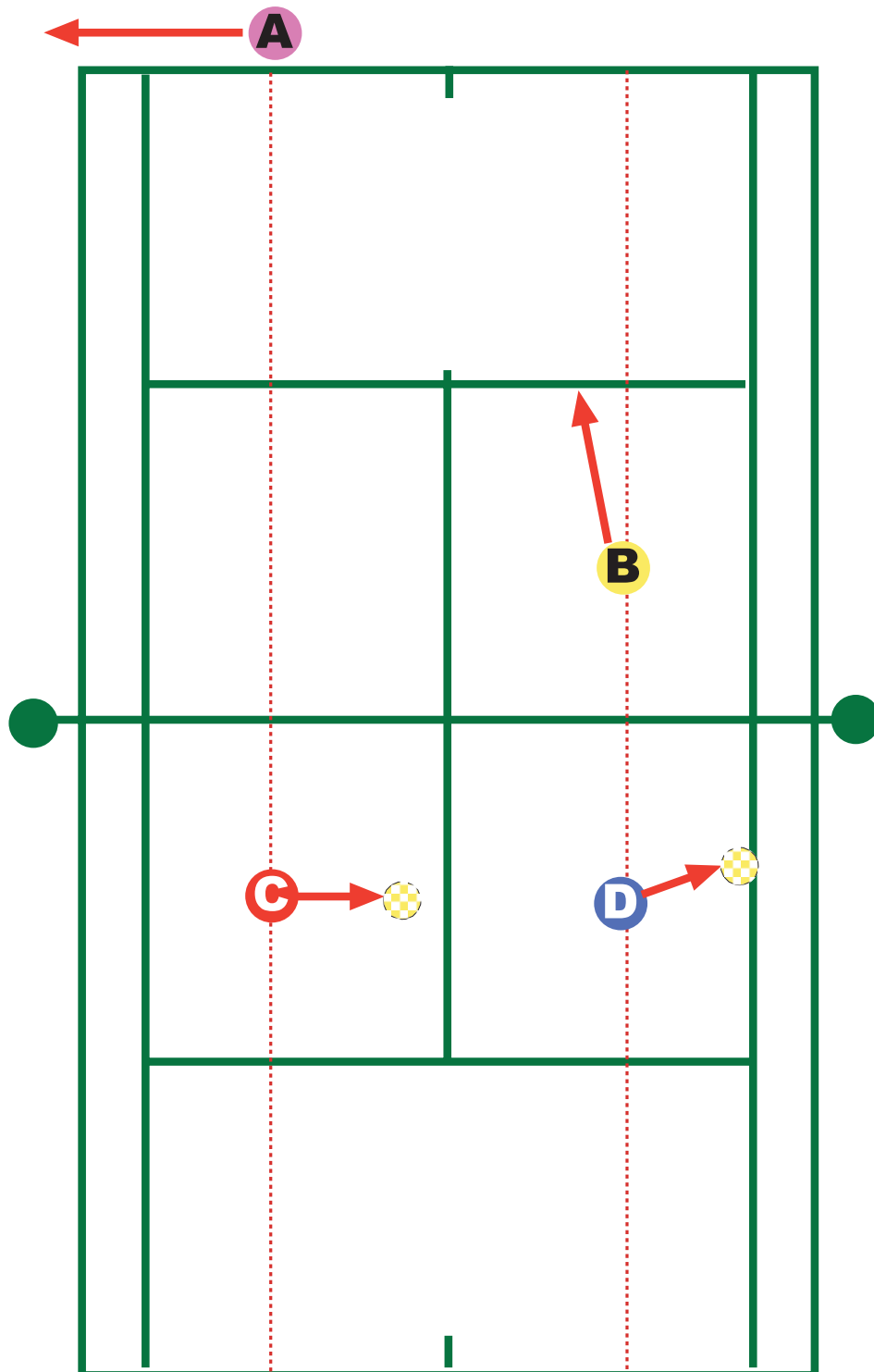


THIRD BALL - 216 possibilities with variations. But one example: First ball goes to right corridor deep (N) so A runs over and lobs it to left corridor deep (S). C is unable to make overhead so runs back for ball. (Everyone moves accordingly). Then C hits ball cross court short and weak to A. D stays set, C neutralizes on the baseline, B neutralizes at net position (offense) while A steps up to volley the ball. If A does not hit a winner, either C or D may make return and all movements must begin again. For instance, if A hits to D and she luckily



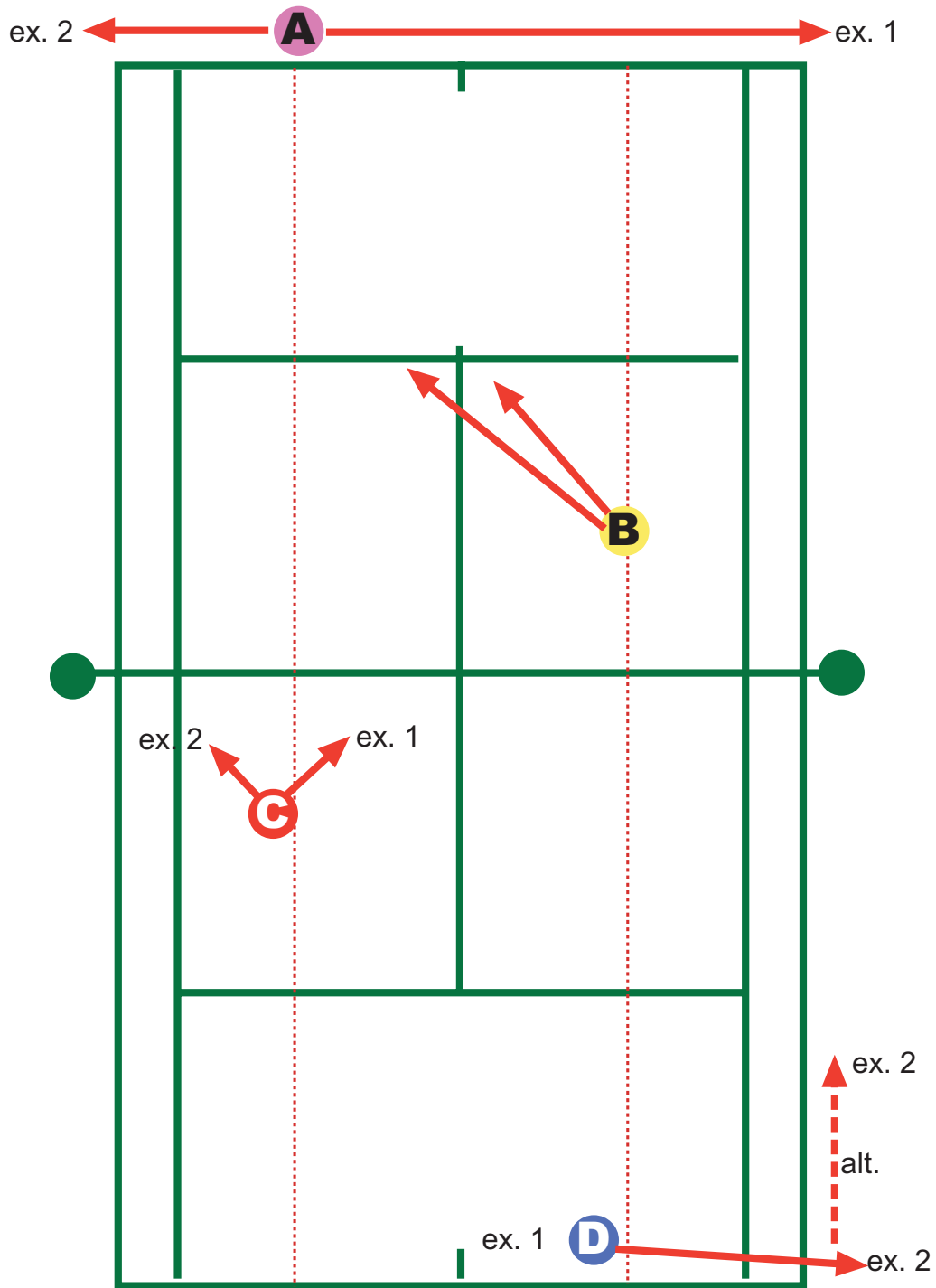
half-volleys the ball over both A and B to the back court, the latter must then scramble back to cover the ball while C and D move into offensive positions at the net.

DEFENDING THE OVERHEAD - Assume A has just put up a duck and either C or D will take it and slam it:



A moves to the right since 80% of overheads go cross court. (But in our group, most will try to wrong-foot you so delay your move until they are looking up at the ball and not you.) B, if there is time, should back up as much as possible to get set in guillotine position!

IF TWO PLAYERS ARE BACK - Generally, the up player can follow the same rules and move on the diagonal or vertically as practiced. But, with a partner back to protect the lob, she can do more. For example, the



ball is hit deep to right corridor (see Page 1), C now moves up differently to be ready for put-away shot. However, C should avoid getting too close to the net and not go so far up that she cannot handle a short lob to her side. Example 2, if ball were hit to deep left corridor, C can again go up because D can protect lob, but D will also move out for cross court ball, ready to run up if A hits short. B, in both cases, has to retreat to T on either side (see Page 2).