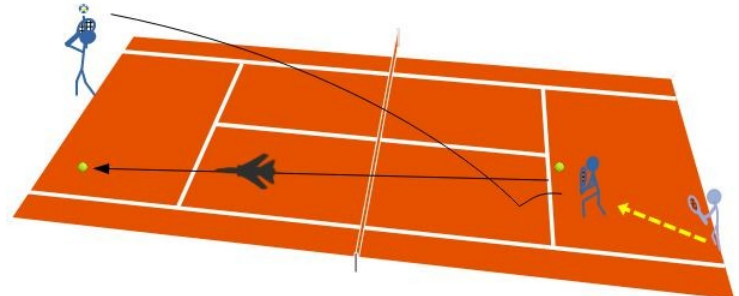
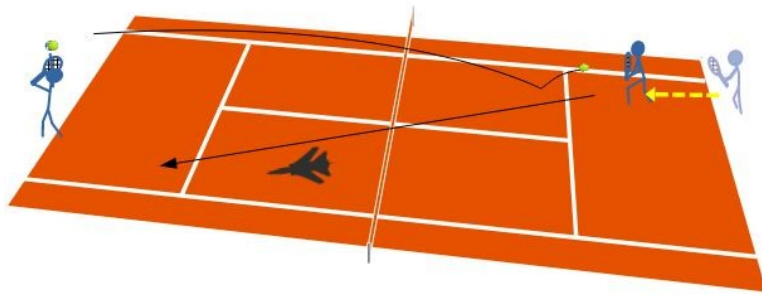


The winning return of service

Category(s):	attack, explosiveness, reactivity, return of service
Level:	Yellow ball – Intermediate
Duration :	1 min
Materials:	



Hi guys

You knew that André Agassi has already made a winning return on a serve at 235 km per hour... that's a dream, isn't it?

Imagine the weapon it represents:

A good server has an advantage in his service game because he is the one who dictates the exchange... but if you make a great return, you reverse the roles and it's you who takes the upper hand by dictating the exchange... Formidable weapon!!

From my point of view to return to the Agassi there is no photo: Training, training, training...

Above all, there is one thing you need to know how to do: Analyze your opponent's service carefully to anticipate their service. (André Agassi was an expert on this...)

Then you have to be very reactive to draw a shot that is almost a reflex.

So here is an exercise that we set up with my father.

1) he puts himself at service... I try to analyze as best as possible to anticipate the trajectory. I spot his position on the field, his gaze, his throw of the ball forwards, backwards, a little to the side... in short, lots of micro details...

2) At the moment of his strike I enter the ball to take it early and return a missile if possible.

Note: At my level I don't pay for servers who send potatoes 180 km away which force me to go back in the course... I can meet good servers but most of the time I can relatively easily get into the ball.

Ha and something that might seem stupid to you, when I do that, internally before hitting I think of André Agassi... It's stupid but I think that this thought brings a positive note to your game mechanics...

Come on, it's your turn !



Elouan Tennis Drill Maker (ETDM)
Software for creating & editing tennis exercises



<https://elouan-tennis.com>