



DEEP TARGETED RETURNS&

RUSH THE KITCHEN

- All returns must be deep to the center near the baseline.
- Aim for the target on the floor.
- All returners must be at the kitchen line before the server hits the return
- Each player serves twice.
- Rotate new players after the first 4 have all served.
- Practice lifting the ball for the deep return.
- Play only 4 hits and start the next serve.

DI notes:

- Place a hula hoop on the floor at the center baseline as a target
- Receiver & server, keep your head down
- Watch the ball as it hits your paddle face
- Use consistent paddle action from low to high to get loft and top-spin so that ball lifts high and lands deep.
- Low lobs are deadly, so keep them high and deep.
- Slightly up-turned paddle face for lob