



DOUBLES PLAYBOOK

DOUBLES PLAYS

1. **CORE PLAY 1** - One Up –One Back Both Sides/Rally Ball – Both net players track up and back with angle of ball. When ball passes net player successfully you track up and when it passes you, track back, always stopping when the ball bounces on each side.
2. **CORE PLAY 2** - One Up – One Back Both Sides/Moon Ball – When your partner hits a Moon Ball in this situation then you float on your own service line with the angle of their shot.
3. **CORE PLAY 3** - One Up – One Back On Your Side – Opponent Is At The Service Line – Hit the ball crosscourt to the inside foot of the player on service line. Your service line player should go by “Low You Go”, “High You Die”.
4. **CORE PLAY 4** - One-Up – One Back Both Sides – Your Returning Serve – Moon Ball return over the net player’s head and go to service line. Because it was a Moon Ball your partner floats on the service line. Expect a lob return if your Moon Ball is deep.
5. **CORE PLAY 5** - If the opponent is attacking you at the net or hitting hard shots at your net players, play double back.
6. **CORE PLAY 6** - If they are consistently lobbing over our net player then play double back and work your way into on shots with depth.
7. **CORE PLAY 7** – If they lob over our net player and both opponents at service line then throw up defensive lob and get our net player back to baseline to defend smash. If they lob over our net player and one opponent stays back then you hit deep to deep.
8. **CORE PLAY 8** - If the opponent is playing double back on you, then you must both get to the net hitting shots with depth and then hit short angle winners from the net. Mix up hitting drop shots off second serves.
9. **CORE PLAY 9** - Returning Second Serve – Treat as attacking approach, hit cross-court and get to the service line.
10. **CORE PLAY 10** - Australian Positioning

MUST HAVES

1. **We win from the net.**
2. **Poise! Put the ball away the first time! HIT AT SPACES NOT FACES!**
3. **Balls in our proper strike-zones for each particular shot.**
4. Attack Returning Second Serve – Treat as attacking approach, hit cross-court and get to the service line.
5. Poaching at Net
6. Team Work! Say something and encourage your partner after each point.
7. Treat our opponents with respect and dignity regardless of their behavior.
8. Be prepared. Remember to pack, eat, and hydrate for success and worst case scenarios.
9. Don’t double fault. First serve is very important. Take something off first serve to take pressure off second serve if double faulting.

GOOD LUCK!!!