

Lobster Returns

This is a return-of-serve drill to improve your ability to lob your returns deep to your opponent's court, allowing you and your partner plenty of time take control of the net.

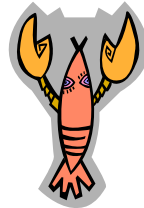
Player 1 serves the ball and receiver must LOB the return to the back 14" of the server's court.

Receiver prepares 3 feet behind the baseline in ready position

Receiver uses good footwork to prepare for either a forehand or backhand lob, having side to the net and lining up for the shot

Players rotate to the Right (CCW) after 2 serves & returns

After everyone has done their first 2 practice lobs, play out each point.



Coach:

Eagle eyes: 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

Receiver lobs and moves directly to the kitchen line in ready position.

Set up for Lobster Drill: Bucket of 12 balls and roll of gym tape. Lay a line of gym tape parallel to the base line and 14" inside the court on both sides.

Please remove tape & discard when done and return the bucket of balls to the score-reporting desk.