

Summary of Week 2- The Aggressive-Baseliner

- Get Back their first 2 big shots by using your counterpunching skills.
- Look to bring them forward to expose their volley skills.
- When training the aggressive baseliner style, work on takin the ball on the rise.
- Attack 2nd serves
- Be patient with your development; being able to hit aggressive consistently takes practice and time to perfect.





The Net Rusher



Characteristics of the Net Rusher

- They are looking for the 1st opportunity to move forward
- Very comfortable at the net
- Exhibit good volley technique
- Likes to put pressure on opponent
- Strong net coverage skills
- Possess good approach shots
- Exhibit strong volley shot selection

Ways to Beat a Net Rusher

- Try to keep them on the baseline
- Mix up your passing shots
- Use your lob
- Sometimes, the 2-shot pass is the best option
- Beat them to the net
- Keep them on the defense



What we can Learn from Net Rushers

- Aggressive Mindset
- Volley Shot selection
- Net Coverage
- Continental Grip Skills
- Serve + 1 patterns
- Attacking 2nd serves and moving in



Path to Development for the Net Rusher

- Solid Volley Technique
- Proper Volley footwork
- Efficient Groundstrokes
- Continental Grip skills need to be efficient
- Keep a growth mindset (Developing this style takes time, so be patient)
- Solid Returns
- Efficient 1st serve, so that you can serve and volley effectively



The Net
Rusher
Constructing
Points

