

Doubles by the Numbers

Created by Bob Love USPTA (Master Professional)

Dedicated to Jack Foster USPTA-Texas

Background: Doubles by the Numbers is a portion of a presentation “Love That Doubles” which is part of a USPTA specialty course created by Bob Love.

Doubles by the Numbers provides the following:

- A. A WELL-GROUNDED approach for creating meaningful lessons for tennis campers, tennis team members learning basic doubles, and league players.
- B. A LANGUAGE for COMMUNICATION between doubles team members as well as coaches with their players.
- C. A SIMPLE and EFFECTIVE learning environment for doubles.

Doubles by the Numbers Cards

The attached sheets may be run—front and back—through a copying machine to make cards that can be distributed to players for lessons as well as carry on the court

Suggestion: Print or laminate on card stock to give the cards more durability

Learning Methods:

- A. Start players at service lines and, using foam balls, have players on both the serving and receiving used the cards to communicate about the type of positional movement they are going to use. NOTE: SHOT PLACEMENT will necessarily be part of the lesson as players learn to compete effectively .
- B. SERVICE PLACEMENT is taught using the A-B-C target system that many pros present targeting serves Away (A) from the center service line, at one's Body (B) , and down the Center (C).

Concepts:

- A. SERVING plays have the players stay on the same sides with ODD -number plays and cross with EVEN-number plays. Also—on EVEN-numbered plays the server rushes net!
- B. TANDEM plays--both offensive and defensive--are also included on which the serving team start the point on the same side.
- C. RECEIVING teams are urged to learn their respective jobs and UNDERSTAND what their missions are. NOTE: This is VERY important for novice players who don't have much confidence in their forecourt games.
- D. POACHING can be introduced as a *DESIGNED* “CROSS.”
- E. The “ZONE PRESS” can be easily taught to receiving teams so they can LOB-RETURN and PRESSURE with DOWN -the-LINE lobs.
- F. COVERING STROKE WEAKNESSES can be easily addressed as the players will have a LANGUAGE that will permit “TAKE-AWAY” positioning.

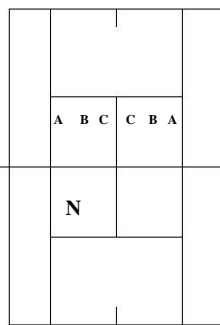
A Bob Love thot: Over 40 years of teaching and coaching tennis have shown me that doubles players can EASILY be taught POSITIONING. By pairing POSITIONING with LANGUAGE coaches can enable players to have a strong FOUNDATION for SUCCESS. REMEMBER: A FOUNDATION IS ONLY NOTICED WHEN IT CRACKS! Let's help our players develop SOLID foundations for SUCCESS and FUN!

YOU ARE INVITED to contact Bob Love at boblovetennis@bellsouth.net to share ideas or ask questions.

LOVE That DOUBLES — SERVING TEAM Techniques

SERVING TARGETS
 A= AWAY from Center Line B= At BODY C= Down CENTER

STANDARD



S = SERVER
N = NETMAN

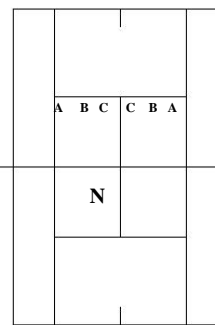
POSITIONING PLAYS

PLAY	SERVER	NETMAN
1	STAYS	STAYS
2	RUSHES	STAYS
3	CROSS BL	CROSS
4	RUSH "SCISSORS"	CROSS

PLACEMENT-POSITIONING PLAYS

PLAY	PLACE	SERVER	NETMAN
1-A	AWAY	STAYS	STAYS
1-B	BODY	"	"
1-C	CENTER	"	"
2-A	AWAY	RUSHES	STAYS
2-B	BODY	"	"
2-C	CENTER	"	"
3-A	AWAY	CROSS	CROSS
3-B	BODY	"	"
3-C	CENTER	"	"
4-A	AWAY RUSH CROSS	CROSS	CROSS
4-B	BODY	"	"
4-C	CENTER	"	"

TANDEM (Same Side)



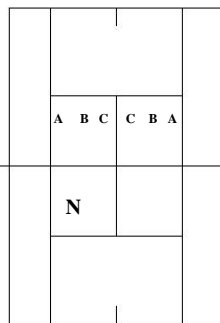
TANDEM OPTIONS

DEFENSIVE—PLAYS 1 AND 3
OFFENSIVE—PLAYS 2 AND 4

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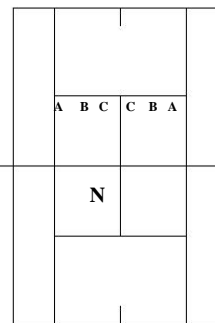
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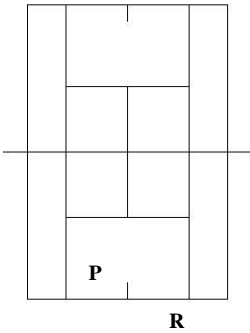
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LOVE That DOUBLES — RECEIVING TEAM Techniques



“DOUBLE BACK” FORMATION

PARTNER (P): Stand about 3 feet into the court.
BE READY TO RUSH THE NET.
THINK “OFFENSE”!

RECEIVER (R): Stand about 3 feet behind the baseline. **BE READY TO RUSH THE NET.**
THINK “OFFENSE”!

ONE UP + ONE BACK

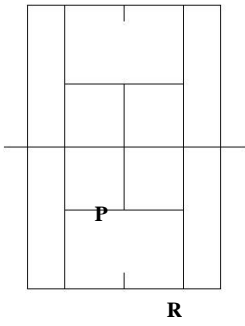
PARTNER (P):

- 1. COMMUNICATE WITH PARTNER**
- 2. CALL SERVICE LINE**
- 3. KEY ON NETMAN**
- 4. GO WITH FLOW (OFFENSE!)**
- 5. COMMUNICATE WITH PARTNER**

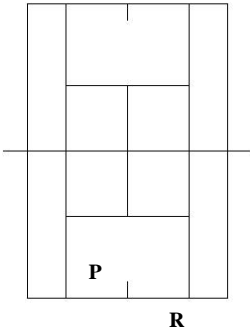
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<u>PLAY</u>	<u>PARTNER</u>	<u>RECEIVER</u>
1	STAYS	STAYS
2	STAYS	RUSHES (SHOOTS)
3	“SHOOTS”	STAYS
4	“SHOOTS”	“SHOOTS” (AKA “BLITZ”)
5	“SHOOTS”	LOBS DOWN LINE (AKA “ZONE PRESS”)

- PLACEMENT IDEAS**
- 1) Pressure the deep player TWICE, and THEN move the ball.
 - 2) CONTAINMENT: Keep the balls INSIDE the SINGLES lines.
 - 3) ATTACK THE HIGH BACK-HANDS with “CLEARS” or LOBS..
 - 4) SMASH AT THE “T” whenever possible. .



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