



39) The Best Return of Serve Footwork:

On the return of serve it is important to understand the proper footwork pattern to use.

Many Rec players do not even realize that they should be moving differently on this shot vs a groundstroke.

I like to teach players to use the **Y** theory which means they will move forward towards the incoming serve, using a footwork direction that looks like a **Y** on the tennis court.

Another important concept is that we need to start moving **before** the serve is hit.

I call this **creeping** and it helps players move better than if they were just at a complete standstill.

The final thing to remember is that the more your move in with your body, the **less** your **swing** has to do.