



47) Swing Types – Return of Serve:

The Return of Serve is not exactly like a groundstroke and should not be treated the same.

There are 3 types of swings that you should have in your arsenal when hitting a return of serve.

- 1) **Full Swing:** This is best on serves that are not very fast, but also not a sitter.
- 2) **Counter Punch Swing:** This is best for serve with a lot of pace. The backswing should be shortened, but not the follow through.
- 3) **The Chip Swing:** This is best against a very fast serve where you have no time to swing and instead you will borrow the power that the incoming serve is already supplying.

The **segmented swing** from the USPTA System Five system is helpful here.