

How To Play Better Doubles In Months Or Less

In the world of tennis, doubles is an exciting and fast-paced game that requires coordination, communication, and strategic thinking. Playing doubles can be a great way to enhance your skills, improve your teamwork, and have fun on the court. Whether you are a beginner looking to learn the basics or an experienced player aiming to step up your game, this article will provide you with valuable insights on how to play better doubles in just a few months or even less!

1. Communication is Key

One of the most important aspects of doubles is the ability to communicate effectively with your partner. Developing a strong communication system will help you anticipate your teammate's moves, avoid collisions, and coordinate your shots. Make sure to establish clear signals or hand gestures to indicate who will take the ball and communicate your intentions during a match.

Without effective communication, it becomes challenging to execute strategies and capitalize on each other's strengths. Take time to discuss tactics before each game and come up with a plan that utilizes both players' skills and abilities.



How To Play Better Doubles In 2 Months or Less

by Thomas Daniels(Kindle Edition)

★★★★☆ 4.7 out of 5

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2. Master the Art of Court Positioning

Proper positioning on the court is crucial for success in doubles. Players should strive to maintain an optimal court coverage, ensuring that both sides of the court are well guarded. By positioning yourself strategically, you can cover more ground and react faster to your opponents' shots.

Your partner's position on the court will also determine your own movement. Make sure to coordinate your movements in a way that maximizes court coverage and minimizes open spaces. Practice moving as a unit and be prepared to adjust your positions based on the game's flow.

3. Develop Effective Net Play Skills

In doubles, the net is one of the most advantageous positions on the court. Mastering net play can give you a significant edge over your opponents. Focus on developing your volleying skills, as well as learning to anticipate and intercept shots near the net.

Volleys are essential in doubles, as they allow you to take control of the point and put pressure on your opponents. Practice volleying from different angles and heights to improve your accuracy and reflexes. Work on your footwork to be able to move quickly at the net and anticipate your opponent's shots.

4. Utilize Effective Serving Strategies

Serving is a crucial aspect of doubles, as it sets the tone for each point. Develop a reliable serve that allows you to start the point offensively. Aim for consistency and accuracy while serving, as this will make it more challenging for your opponents to break your serve.

Consider incorporating different types of serves, such as slice, flat, or kick serves, to keep your opponents guessing. Mix up the placement and pace of your serves to keep your opponents off balance. Work on developing a strong second serve to avoid double faults and maintain control of the game.

5. Enhance your Reflexes and Reaction Time

Doubles is a fast-paced game that requires quick reflexes and sharp reaction time. Regular practice exercises that focus on agility, footwork, and reaction drills will help you improve your on-court speed and responsiveness.

Drills that involve rapid movement, such as ladder exercises or reaction ball drills, can significantly enhance your reflexes. Additionally, incorporating shadow footwork exercises can improve your anticipation and help you get to the ball quicker.

6. Develop a Reliable Return of Serve

Returning serves effectively is critical in doubles, as it allows you to take control of the point from the very beginning. Work on developing a return of serve that puts pressure on your opponents and limits their opportunities for offensive shots.

Focus on returning serves deep, with good pace and placement. By returning deep, you force your opponents to play from a defensive position, giving you the advantage. Practicing return drills can help you improve your timing and decision-making when receiving serves.

7. Adapt Your Strategy According to Opponents

Every opponent is different, and adapting your playing style to exploit their weaknesses can be a game-changer in doubles. Pay attention to your opponents' strengths and weaknesses and adjust your strategy accordingly.

If your opponents have strong forehands, try targeting their backhands to expose their weaker shot. If they have a talented net player, focus on hitting deep groundstrokes to keep them away from the net. Being flexible in your approach and adjusting your tactics can give you a significant advantage during a match.

Playing better doubles in just a few months or less is achievable with dedication, practice, and a strategic mindset. By improving communication with your partner, mastering court positioning, developing net play skills, utilizing effective serving strategies, enhancing reflexes and reaction time, developing a reliable return of serve, and adapting your strategy according to opponents, you can elevate your doubles game to new heights.

Remember to be patient with yourself and your partner, as these skills require time and consistent practice to master. So grab a partner, hit the courts, and get ready to dominate in your doubles matches!



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"If you would like to start playing better doubles in your tennis matches in 2 months or less, please keep reading".

Dear Tennis Players.

This ebook will teach you how to start playing better doubles in about 2 months or less.

Your progress... depends on how fast you implement what you will learn in this ebook.

The faster you start using these doubles tips, the faster you will start playing better tennis in your matches.

I always like to state that up front, because I see many tennis students either not reading enough books or not implementing what they learn from those books in their lessons and workouts.

With that being said.

Here are some examples of what you will learn from this ebook.

"You will learn how to use your serve as a weapon".

I mean first and second too.

The serve and the return of serve are the two most important shots in tennis, but they are also the two shots that are the least worked on in practice.

Go figure that one out!!

"You will learn how to develop a tenacious net game in weeks".

To play better doubles you have to develop a solid net game.

Notice I said, "A solid net game".

To be more effective at the net during matchplay.

You don't have to be a GREAT volleyer.

But you do have to develop a solid one.

This ebook will show you how.

"You will learn how develop a better return game".

Once you get your returns down.

You can start being more aggressive with them in your matches and set you partner up with some easy put aways!!

Which is what you want to doing on your returns.

"You will learn how to improve your court coverage".

The major issue I see adults and juniors having in their doubles play is this.

(They don't know how to cover the court correctly or how to position themselves the right way during points.

This ebook will show you how to anticipate on the court better and read your opponents shots faster.

Which will give you the edge over them during play.

And lastly.

"You will learn the transitioning game of doubles".

This is by far the most important thing that you have to develop to play better doubles.

You must be able to transition from the back court, to the mid-court and then to the front-court during points.

And you must be able to do this with balance and coordination.

This means.

Working on your agility more on court.

In other words.

The more mobile and agile you are, the better your doubles game will be.

Look.

Here are the facts for most adult tennis players.

They will play doubles 90% of the time in their playing careers, so since they are going to playing it that much.

They should learn how to play it better.

Doesn't that make sense?

Pause...

Let me share a story with you guys right quick to bring home this point.

I was watching a member at a club I used to teach at play doubles the other day.

This student has been taking lessons and playing for 20 years, but still hasn't improved one bit in and with his play!!!

This is unacceptable!! And that is why I wrote this ebook.

To help tennis students and players like that finally breakthrough and discover their authentic style of play.

Now.

Please allow me to help you too.

Yes!!!

Any tennis student or player can start playing better doubles in 2 months or less, even if they are struggling right now with their development".

Okay, that's about all I have for you guys right now.

But.

Let me say this before you go.

"If you want to start playing doubles on another level in 2 months or less, scroll up and click the add to cart button and let's get started taking your doubles game to another level".



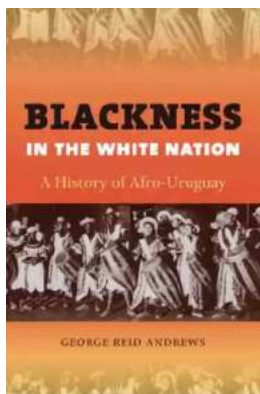
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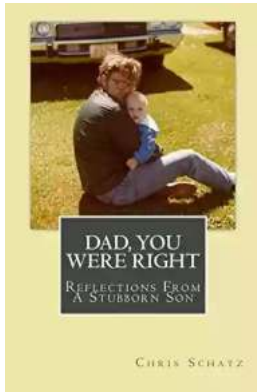
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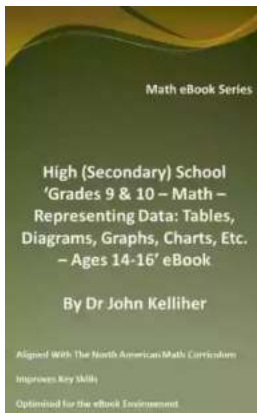
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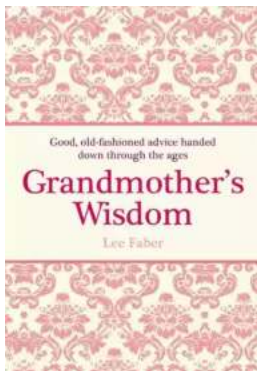
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