

Time!!!!

We have all heard at Grand Slam Matches “ Mr Nadal, Time Violation....” But has it ever occurred between first and second serve? Not to my knowledge.....

Lets relate this to our own game.....do we rush between first and second serves??

Do we not pay even more attention to this really really important stroke? Novak Djokovic can prior to his first serve bounce the ball anything between 12 and 20 times and up to 12 bounces before he commences his second serve.

After missing their first serve, some servers feel the need to rush into their second serve instead of questioning where the error occurred and how can I correct it before my next second serve or before my next first serve.

Well, when players are practicing their serves they should visualise themselves serving in a final of a division or important league match instead of just hitting their serve without any relevance to the match.

Now let's relate this simple idea to doubles and/or mixed doubles.

You are up at the net.....ready to spring into action, to cover your area and maybe even if the chance occurs to poach that easy close return of serve.....and what happens.....your partner the server nets their first serve. So you are at the net having to gather the loose ball, pocket it and return to your starting position and prepare for the next rally to commence. All very familiar, happens a hundred times a match but what happens when your serving partner fails to give you sufficient time to return to your starting position!!!!

The net player has just picked up that loose ball when to his/her surprise their partner hits their second serve.....Now you are in trouble.....not ready, still moving, short second serve on its way. Well it looks like you are a stuffed turkey on the shelf on Christmas Eve.....you're going to get roasted!!!

Please remember when you are serving that you need to give your partner time to re-locate themselves at the net. Prepare for the second serve and hopefully defend themselves if they are attacked by the opposition.

The server has the time so they should use it wisely.....and to their advantage!!!!

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