How to beat a team that rushes the net?

These teams love to ATTACK! They come in after the serve and the return of serve. These teams are difficult to beat because they usually get to the net first. They love fast hard high volleys. They have trouble with longer points.

Tactics to implement:

1) Use Topspin and Underspin, off-pace groundstrokes and passing shots. These dipping and off pace shots will stay lower and be tough to hit hard.
2) GET TO NET FIRST!! Implement the serve and volley and return a second serve and follow to net (a chip and charge is effective if you hit it short and low).
   Note: Move in a few feet closer to return serve. This will allow you to get Into quicker and get better position at net. When using the serve and volley, serve a higher % into the body which will limit their forward momentum to the net.
3) If they get to net first, play the passing shots to the weaker net player.
4) Implement the two-person back formation on return of serves. This defensive posture will enable your team to retrieve more balls using the lob and down the middle groundstrokes.

General Mindset:

1) Don't play one up or one back. They love this formation.
2) Increase first serve percentages. A good first serve is difficult to return and follow to the net.
3) Take your time! Slow down between points and change-overs. These type of players like to focus on quick attacking points. These teams usually like a fast paced match. Slow the rhythm down.