The Art of Poaching

Goals: to help doubles partners understand when and why to poach, various poaching situations, and how to poach

What is poaching?

- Diagonally moving toward the net to intercept the ball
- It is moving across the net to hit a volley or overhead
- It is stealing the ball from your partner

Why poach?

- Gives the opponent's a different look
- Apply pressure to the receiver, baseliner or volleyer
- An offensive tactic to finish the point

Where to hit poach?

- When offensive hit to the closest person (one who has less time)
- When neutral hit down the middle of the court
- When defensive hit to the farthest person to gain time
- Advanced placement are the 3 "T"'s

When (timing) to poach?

General Timing of Poach:

- Just before the contact of the opponent
- Should shuffle first right after the ball bounces (side split step) then move diagonally

Specific Timing of Poach – The timing of the Poach depends on:

- How quick you are
- What type of serve your partner is hitting
- Returner's position and type of hit
- Be aware of the "BCC" to anticipate the ball direction