Two Man Back Doubles Formation (B)

Goal: To defend against a good server, a person who serves and volleys well and/or a good net poacher
To use this defensive formation to capture the net

Preliminary Ideas:

You can start the point with the two- man back on the return of serve
You can evolve into the two-man back during the point where you need to become more defensive

Defensive and Neutral Tactics for the Two-man back:

1. Be ready to hit a minimum of 3-4 balls as a team to force an error
2. Hit down the middle groundstroke between the players (preferable deuce side backhand)
3. Lob down the middle to avoid an error. Many teams cannot hit 3 overheads in a row.
4. Look at their "staggered position" to see who to lob.
5. High higher balls if opponents are close to the net. Do not hit low balls when they are close to the net so you do not have to chase down low, short angled balls
6. Hit the ball at their feet when the team is back on the service line
7. Hit to the person who has the weaker volley if there is a significant difference in ability level.
8. Remember where you hit a ball will determine who will hit the next ball. Most players hit cross the body and down the middle.
9. Advance patterns: Hit 2 shot combination –ex. Hit one low then one high or vice a versa

Offensive Tactics for the Two-man back

1. Wait for and attack a short ball and come to net.
2. Go the net after you hit a good lob (over backhand side or over their head
3. Use the defensive and offensive lobs to strategically get the other team off the net.

Tactics for the Two-Man Up

1. Stay consistent with your volleys and overheads until you can hit a short volley (stop volley, drop volley) or angled volley or overhead.
2. Hit neutral and defensive volleys and overhead to the deuce side backhand to cut down some angle. Make use of "tap volleys" and "tap overheads" if need be. Be patient until the finishing shot!
3. Set up a "staggered Positions" so one player has the lob.
4. If you they lob a lot then both players position on the service line to be ready for the lob. Remember do not get beat by the lob. This is one of the major ways your opponents like to score.

5. When your team hits a very hard or deep shot you should expect the lob.
6. Try to hit to the weaker player and more specifically the weaker lobber.