Kevin Ryan Total Tennis II, inc.

How to beat One Up One Back.



These teams are usually easier to beat than other formations. This team creates a larger hole in the middle of the court and isolates one of their players at the net. Thus, it allows the opposing team to gang up on the isolated net player having more open court (middle) in which to hit.

Several tactics:

1. Get to net at all cost so you have 2 net players against one.
2. Hit volleys and overheads between them since the middle is open.
3. Increase poaching ! Hit Neutral Poaches to back player. Aggressive Poaches to the net player. The Poacher has more time hitting back to the baseliner (if on Neutral). It also forces errors from baseliner player due to incoming volleys.
4. Use the lob return and come to net so you may set up two players ready to hit volley or overheads (use off-set position).
5. Hit majority of returns crosscourt . This provides a free trip to the net!!

General Mindset:

1. Don't play their formation! It is tempting but GET IN!!
2. Just hit an average crosscourt return and get in. Don't over hit the return.
3. Use neutral volleys since the court area is large and one player is on the baseliner. .