teams that poach a lot.

These teams are usually very active at the net. They use poaching and faking as a primary offensive weapon. These teams usually are good communicators and poach as a team. There are times where there is only one aggressive poacher on a team. This particular team is less effective than having a team with two poachers.

Tactics to implement:

1) Return the lob down the line over the net player's head. Test their overhead. Perhaps their volleys are stronger than their overheads.
   Lobbing over the net player will break the rhythm of the poacher.

2) Hit the return right at the net player. This usually handcuffs the volleyer. Most returners lead the poacher, which allows the poacher to hit a volley in a normal stride (1-3 steps). This return usually disturbs the footwork of the volleyer and causes errors.

3) Make a decision before the ball bounces and don't change your mind. They want you to be affected by their movement (poaches and fakes).

4) You may use a "two-man back formation" to give you more time to retrieve the poacher's volley. Also, this formation does not provide a target for the poacher to score against. You may also want to use the lob to slow this aggressive team down.

5) Change your return position. Take a few steps in so you can hit an earlier return. This takes time away from the poacher and the return will be hit earlier.

General Mindset:

1) Make an early decision on your return. Don't watch the poacher. He/she still has to make the volley.

Take command of the net when possible. Return second serves and come into net. Try to return first serves and come in if you receive a weak serve or the server stays back after the serve.