Are you practicing the shots you will be hitting in your double match?

What is the first shot hit during every point? Yes, the serve

What is the second shot hit during every point? Yes, the return of serve

If you are playing mostly doubles you are going to be at the net a lot hitting many volleys and some overheads.

So for double players the most often hit shots are serves, return of serve, volleys, and overheads. Is that the shots you hit the most in practice and warm up? Many players spend most of their practice and warm up time hitting ground strokes from the baseline. You will need to hit some ground strokes from the baseline during your doubles match but usually not a lot. The points in doubles usually are quick with not a lot of long rallies. If you are mostly or completely playing doubles then concentrate on the shots you are going to have to hit the most often in your matches. Serve, return of serve, volleys and overheads make up about 88 % of all the shots hit in doubles.

Most often hit shots in doubles on average. Each match, player and skill level is different so use the numbers below as a general guideline as to the shots hit during your doubles match.

28 % serves

24 % volleys

23 % return of serve

13 % overhead

12% everything else (ground strokes, lobs, drop shots, etc.)

Are you practicing what you are going to have to hit most often?

Don’t spend most of your practice time working on the 12 % and ignore all the shots that will make up 88 % of your doubles match.

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