

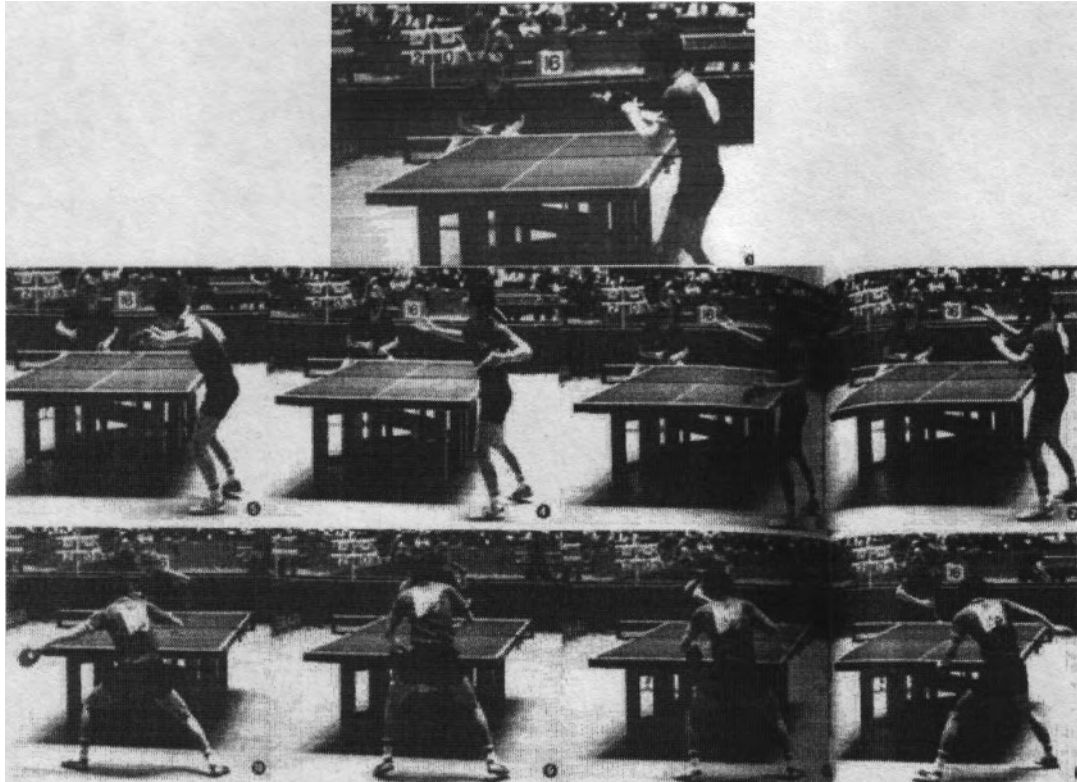


Receiving High-toss Serves

The basics in receiving high toss serves

The ball is likely to travel a curved course due to the impact of dropping from high. Player on the receiving side has to wait for the ball to drop. The two elements must be taken into serious consideration.

1. The ready stance should be a relaxed one with fairly high body weight. As the ball takes quite long time being tossed and dropping, player on the receiving end may feel as if the ball is suddenly shot from the bat at a stunning speed, a false impression that often results in delayed body reaction. Hence the ready stance should be reasonably high-weight to allow flexibility to respond to balls that may come from unexpected angles. In the waiting period, upper body must stay relaxed.
2. Keep track of server's bat. If your eyes follow the ball being tossed and dropping all the way through, not only your neck is strained, but there is a good chance you will lose track of server's bat movement and eventually mis-read the serve. Always try to take in a wider picture to include his bat move.
3. Do not move to far side, move forward. High-toss served ball tends to curve to far side of table under the influence of dropping from high, that makes receiver's body movement very awkward to answer. A good receiver should not be led to far-side. Instead, he moves forward to get the ball even before it lands on the table. This of course requires a good sense of timing.
4. Keep eyes open for every details of server's bat move, toss, ball contact. A mirror stroke of his is very clever with added effect generated by a faster move of bat. Acting blindly only adds to the praise of his serve. No matter what type of stroke is used to return the serve, a swift and early contact to ball is always the key.



Lindh receiving high-toss serve. Eyes are not rigidly tracing the tossed ball. Attention to server's bat move and ball contact.