

# Play like a Pro

*Small changes make a big difference.*

**Updated: Feb 1, 2026**

## The Return

Is the service return the same as a groundstroke?

It would appear at first that the answer is yes. The ball bounces and then with either a backhand or forehand, the ball is sent back over the net. However, there is one major difference that differentiates the service return from a groundstroke and that is forward movement.

As explained in the linked video the goals of an effective return include both length and movement towards the kitchen line. At the kitchen (NVZ) you are on the offence and a good return of serve will get you there. Apologies for the ads and the promotions in the video, but Zane Navritil explains well not only the movement of the returner, but he also breaks down the stroke which moves away from powerful top spin to make the flowing return more consistently accurate (i.e. in the back third of the court). Keep on returning.

Check out the link to see [How the Pros hit the perfect return](#)