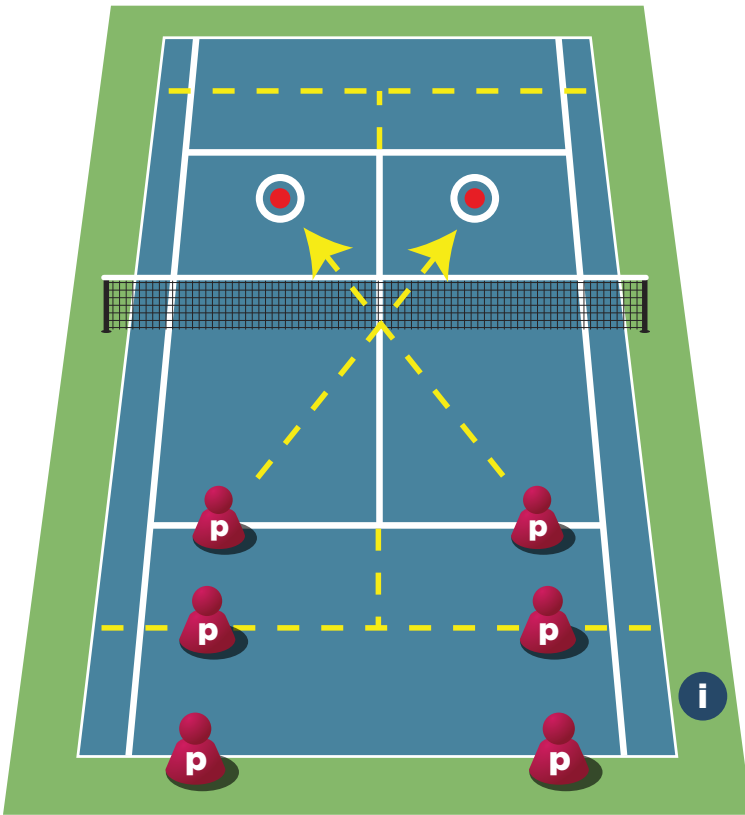


Climb Serve Mountain



TACTIC:

Starting the point with placement.

ACTIVITY:

Players in 2 teams of 2-3 players. Each team tries to score up to a designated number of points (e.g. 30,40,50) by successfully **servicing diagonally inside the service box**. Points are granted differently according to the distance the serve was performed from:

- Short distance = 1 point.
- Medium distance = 2 points.
- Long distance = 3 points.

Players must start from the shortest distance and move further with each successful attempt. Player must switch off with a player from the same team after three attempts. This activity can be played individually as well.

Fundamental Teaching Points:

Ensure players are:

1. Turning slightly **sideways** with racquet above head close to **impact point** "high five position".
2. Using a continental or a slight FH **grip**.
3. **Hitting the ball in front of the leading foot** and above head with **strings facing target**.

LESS CHALLENGING:

1. Allow players to use bigger balls.
2. Allow players to serve to the same half of the court.

MORE CHALLENGING:

1. Encourage players to start from any distance.
2. Encourage players to hit to a smaller target (forehand or backhand side).