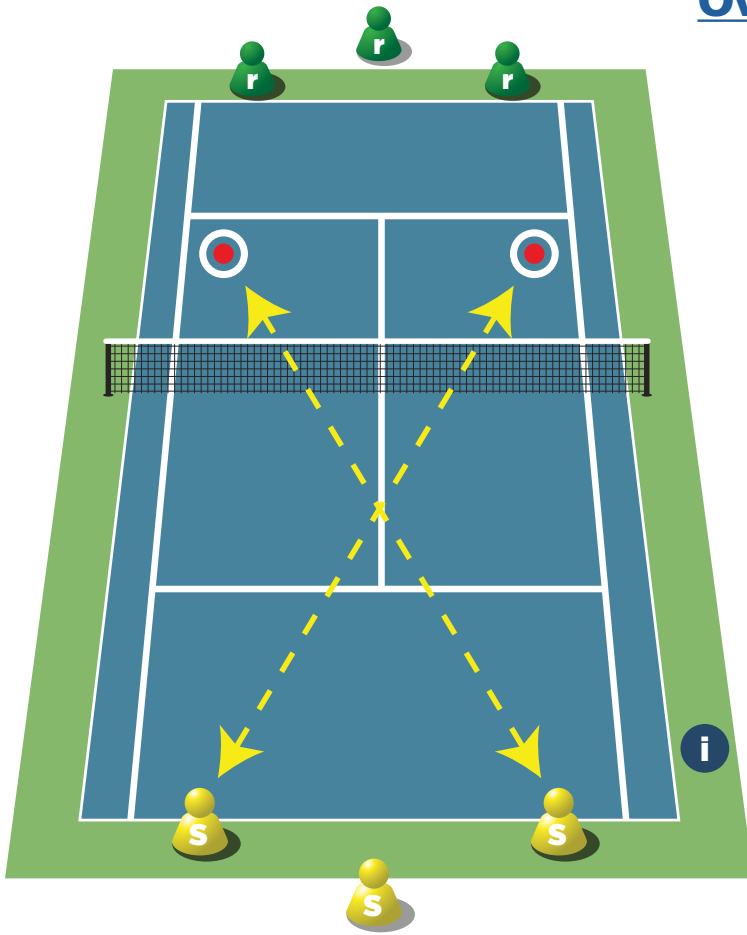


I CAN START A POINT _____ Practice Activity - 16

Overhead Serve & Return Crosscourt



TACTIC:

Starting the point with placement.

ACTIVITY:

Players in pairs **cooperatively serve and return diagonally**. Every time players succeed to serve and return crosscourt it counts as one sequence and gains the team one point. Players switch role after each 2 points.

Fundamental Teaching Points:

Ensure players:

1. Have proper **grip and set up sideways in a trophy position** when serving.
2. Have proper **impact point with strings facing target**.
3. **Recover and return to ready position** after each shot.

LESS CHALLENGING:

1. Allow players to stand closer to the net.
2. Allow players to return the serve using FH only.
3. Allow player to use same half of the court.

MORE CHALLENGING:

1. Allow players to serve or to the BH side only.
2. Allow players to return using backhand.

KEY: Instructor **i** Player **p** Feeder **f** Hitter **h** Server **s** Returner **r**
 Target Drop Down Lines Ball Flight Player Movement