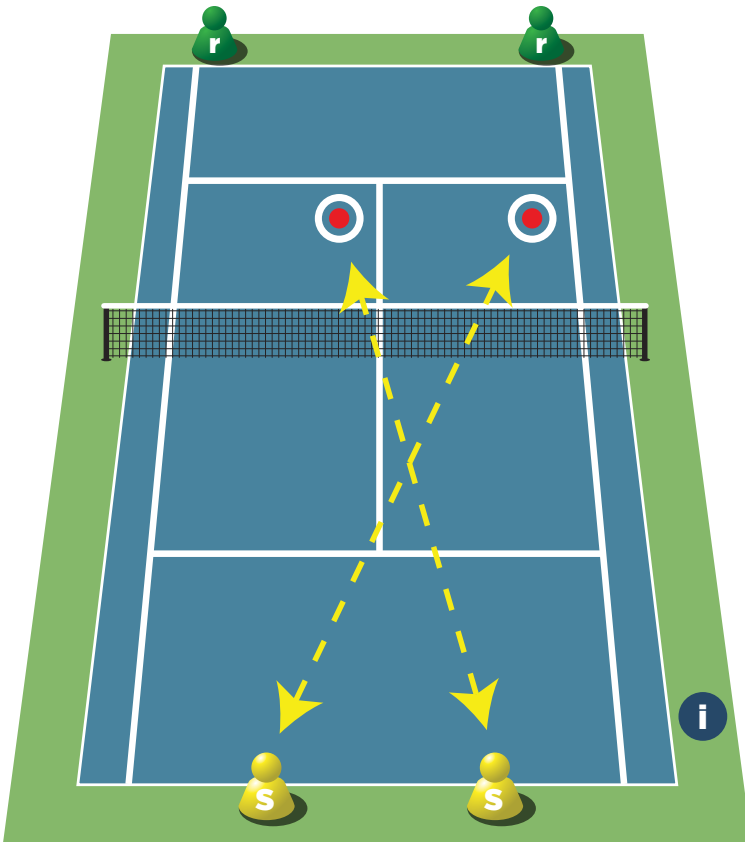


Overhead Serve to Target



TACTIC:

Starting the point with placement.

ACTIVITY:

Players in teams of servers and returners. Each server gets 2 attempts (first and second serve) to **serve the ball to a big target on the BH side** of the service box (split the service box in half). Server wins a point only if target is hit. Returners practice the return only. Once every server has had a turn to serve they switch with a returner. First team to 7 points wins. Switch role after each game.

Fundamental Teaching Points:

1. Ensure player have proper **grip and set up**.
2. Ensure players **impact the ball** above head, with **strings facing target** from a **trophy position** when serving.

LESS CHALLENGING:

1. Allow players to stand closer to the net.
2. Allow players to win points by serving anywhere to the backhand side.

MORE CHALLENGING:

1. Encourage players to serve to a smaller target on the BH side.
2. Allow players to win points only by hitting the targets on the backhand side.