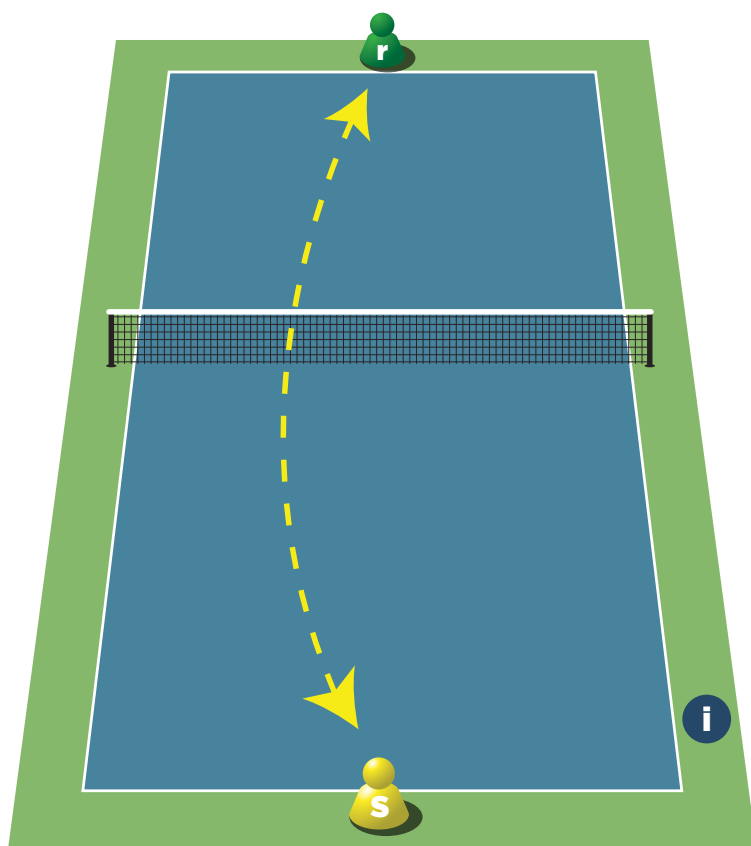


Underhand Serve & Return



TACTIC:

Starting a point with consistency.

ACTIVITY:

Players in pairs sharing a ball. One player (**server**) stands behind the baseline and starts **by dropping, bouncing and hitting** the ball over the net to their partner using a forehand groundstroke. The second player (**returner**) **strikes the ball back over the net** to the server using a forehand groundstroke. This counts as one sequence and gains the team a point. Players switch role after each 2 points.

The team wins no point if:

- The ball bounces twice before a player touches it with their racquet.
- The ball goes out of designated play area or in the net.

Fundamental Teaching Points:

1. Ensure players are **set up sideways** with proper grip before striking the ball.
2. Ensure players **impact the ball** at waist height, out in front and at a comfortable distance from the body.
3. Ensure players are in proper serving and returning position. Returners should be placing their outside foot on the singles line.
4. Ensure players recover to home base using shuffle steps after each shot.

LESS CHALLENGING:

1. Allow returner to self rally before hitting the ball.
2. Allow players to stand closer to the net.

MORE CHALLENGING:

1. Encourage players to serve and return to one side of the court (FH or BH).
2. Encourage players to serve and return to targets placed on the court.
3. Allow players to serve diagonally.