

Service Plan (Aim for **30 minutes** serving practice session or 200 to 300 balls)

Right Hand Player to Rh

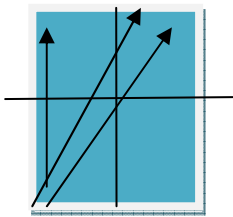
Left Hand Player to Rh

Doubles Service

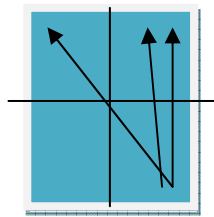
Target Areas

Target Areas

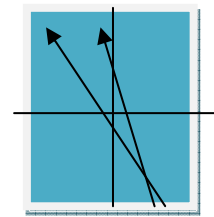
Target Areas



Server



Server



Server to Rh and Lh players

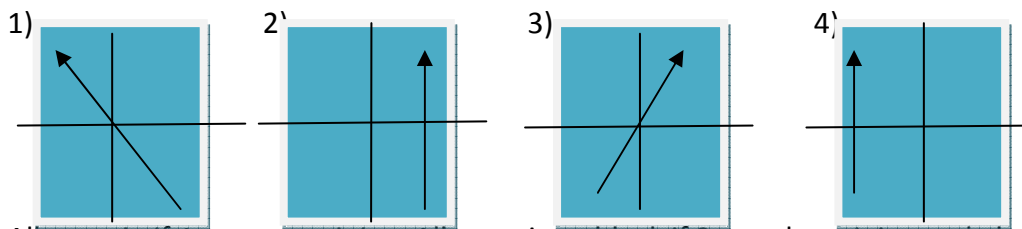
Key Points 1) Always practice legal serves ball in open palm of hand, ball thrown up vertical and 160mm high hitting on downward fall of ball, 2) Don't rush, relax-breathe, prepare mentally, have a purpose for serve, use your service ritual, flex wrist, grip relaxed, start bat swing, contact point on bat and bat angle, follow through to ready position, 3) First bounce close to your end line and next bounce at opposite end line target area, 4) Ball height to just clear net, 5) Serve change use Backhand

Challenge Aim for target areas using whatever you have available, hit your target 5 times and then change to another target area as you get more consistent make the targets smaller or increase to 10 hits before changing to your next target.

3rd Ball Attack (No passive play) (For left hander make adaptation changes) **Total time 60 minutes**

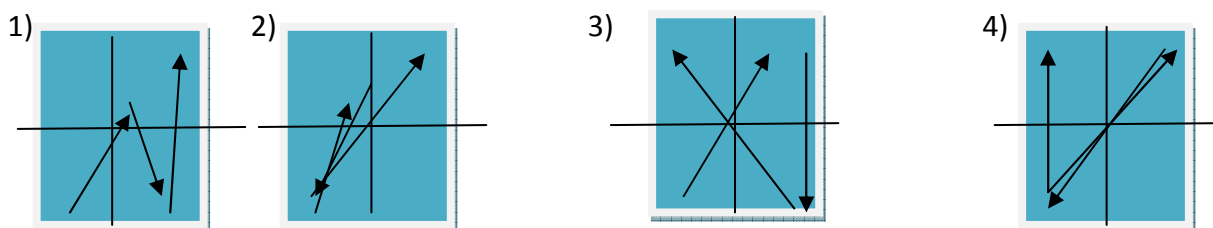
Warm Up 5 – 10 minutes Jog, Skip or whatever warms you up and gets heart rate increased, plus dynamic stretches

Table Work Using a hitting partner, Robot, Rebound board, Drop and Hit, Multiball, (Robot and multiball counterhit or topspin) 5 minutes per exercise or 150 balls hit. **Total time 20 minutes 4 drills**



All topspin if 1 person training, All topspin to block if 2 people training and alternate in turn

3rd Ball Attack Hitting partner, Robot, Rebound Board, Drop and Hit, Multiball (Robot and multiball backspin) 5 minutes per exercise or 150 balls hit, Alternate if 2 people, **Total time 20 minutes 4 drills**



Short serve

Short serve

Long serve to Bh

Long serve to Bh

Push long to Fh Tsp

Push long to Bh Tsp

Block to Fh Tsp cross court

Block to Bh Tsp down line

Warm Down 5 – 10 minutes stretching, evaluate your session Goals achievement out of 10