

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

Right Hand Player to Rh

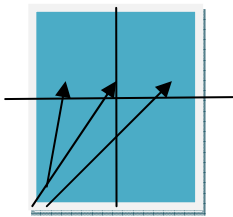
Left Hand Player to Rh

Doubles Service

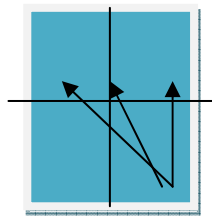
Target Areas

Target Areas

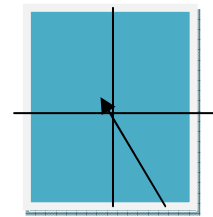
Target Areas



Server



Server



Server to Rh and Lh players

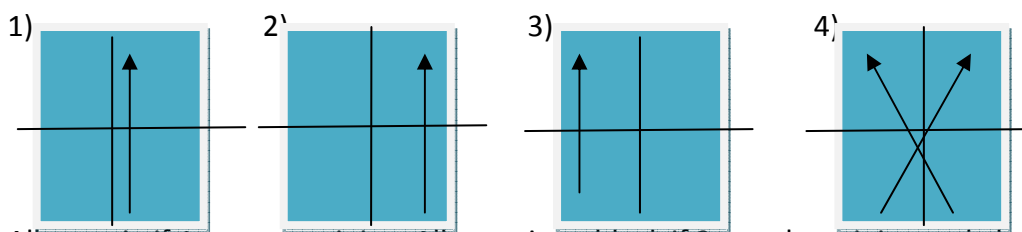
**Key Points** 1) Always practice legal serves ball in open palm of hand, ball thrown up vertical and 160mm high hitting on downward fall of ball, 2) Don't rush, relax-breathe, prepare mentally, have a purpose for serve, use your service ritual, flex wrist, grip relaxed, start bat swing, contact point on bat and bat angle, follow through to ready position, 3) First bounce close to the net on your side and bounce opposite side no more than 300 mm from net, 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. Suggest serve into a bucket or container.

**Attack X over (No passive play)** (For left hander make adaptation changes) **Total time 60 minutes**

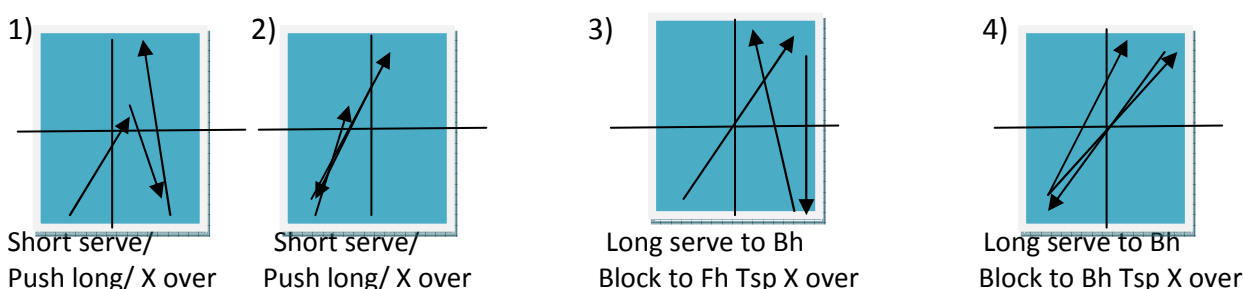
**Warm Up 5 – 10 minutes** Jog, Skip or whatever warms you up and gets heart rate increased, plus dynamic stretches

**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

**Attack to X over** 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**



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