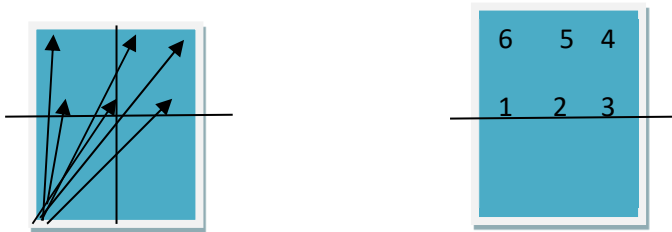


Service Plan (Aim for **30 minutes** serving practice session or 200 to 300 balls)

Target Areas



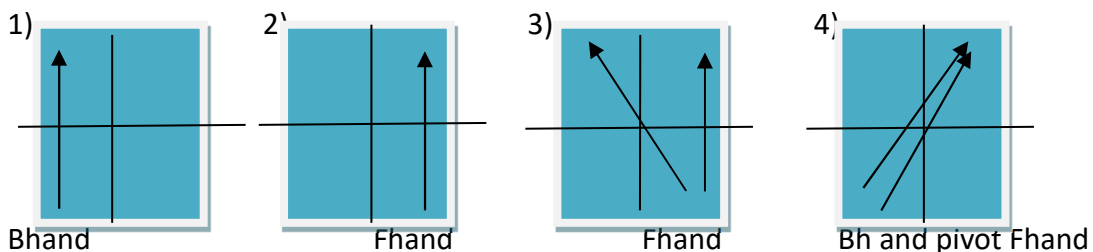
Server short and long to 6 spots/targets

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. **Challenge** 1) Serve to each spot (target) and work around the table from 1 to 6 for 15 mins. 2) Serve two balls and when you get 2 consecutive hits at your selected target choose another target and aim for 2 consecutive hits before choosing another target, do for 15 minutes.

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

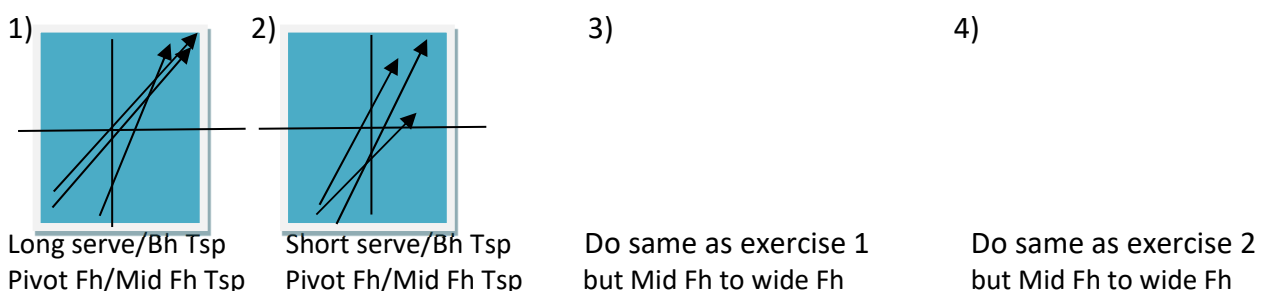
Warm Up 5 – 10 minutes Jog, Skip or whatever warms you up and gets heart rate increased, plus dynamic stretches

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

Falkenberg 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 and start with a serve, **Total time 20 minutes 4 drills**



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