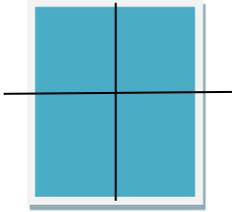


## **Goals for Session Go-To Serve / Step In -> Step Out**

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



Server

**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 anywhere on table. **(15 minutes)** 2) Serve your 2 Go-To serves. Your favourite and most reliable serves that you would make under pressure. Imagine the score being 8-8 or 9-9 and it's your turn to serve, so deliver 2 great and consistent serves. **(15 minutes)** Serve with purpose and get into ready position after serve.

**Step In and Step Out.** (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 -Step In and Step Out**

Using a hitting partner, Robot, Rebound board, Drop and Hit, Multiball, (Robot and multiball push, flick, and topspin) 10 minutes per exercise or 300 balls hit.

**Total time 40 minutes (4 drills @ 10 minutes) 2 ball exercises**

- 1) Step In- Short Fhand Push and Step Out Fhand Topspin (Vary the Fhand Topspin to target areas of Wide Fhand, X over and Wide Bhand.
- 2) Step In-Short Bhand Push and Step Out Bhand Topspin (Vary the Bhand Topspin to target areas of Wide Bhand, X over and Wide Fhand.
- 3) Step In-Fhand Flick and Step Out Fhand Topspin (Vary the Fhand Topspin to different target areas of Wide Fhand, X over and Wide Bhand.
- 4) Step In-Bhand Flick and Step Out Bhand Topspin (Vary the Bhand Topspin to different target areas of Wide Bhand, X over and Wide Fhand.

**Notes:**

**If you miss the first short ball, start again and aim to get the 2 ball drill as if playing a point.**

**If you have a hitting partner always start the exercise with a short serve and take alternate turns to do the step in and step out.**

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