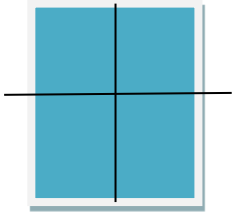


Goals for Session Serving 10/ Side Step

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 :-Have a container of 10 balls at a time, aim for zero errors from the 10 balls served. (Serve anywhere, anyhow but importantly serve with purpose and get the 10 on the table) Remember transition to ready after each serve and serve at your normal tempo. For the 30 mins take note of how many containers of 10 served and how many errors for each block of 10 balls.

Side Step. (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

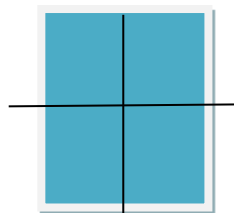
Table Work -Step with Side Step footwork

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

Total time 40 minutes (4 drills @ 10 minutes) 3 and 4 ball exercises

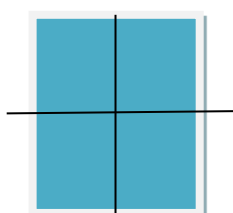
- 1) 3 ball exercise- 1xBh, step to 1xFh wide, step to 1xFh middle
- 2) 4 ball exercise-1xBh, step to 1xFh middle, step to 1xBh, step to 1xFh wide
- 3) 4 ball exercise-1xFh middle, step to 1xBh, step to 1xFh wide, step to 1xFh middle
- 4) 4 ball exercise-2xBh, step to 1xFh wide, step to 1xFh middle

Examples 1)



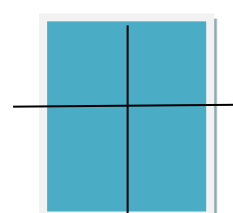
(1Bh 3Fh 2Fh)

2)



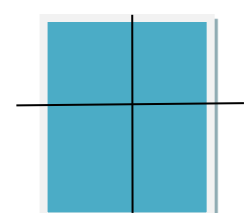
(1 & 3Bh 2Fh 4Fh)

3)



(2Bh 1&4Fh 3Fh)

4)



(1&2Bh 4Fh 3Fh)

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